Murthy's HEALTH AND MEDICAL DIRECTORY of HYDERABAD

First Edition

7/OD

NOVEMBER - 2001.

Human Needs Enterprises
618, 6th Floor, CTC, Parklane, Secunderabad - 500 003.
Phones : 6320207, 6320208.

Murthy's
Health & Medical Directory

HUMAN NEEDS ENTERPRISES

618, 6th Floor, Chenoy Trade Centre,
Parklane, Secunderabad-500 003

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(H No 1-8-75, R.K Nagar, Alwal, Secunderabad-10)
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One Moment...

Information is the order of the day. If it is regarding to health, It becomes more important. Informations related to doctors, Medical & Paramedical members pooled at one place is really beneficial to the public It is well known that quality is best kind of advertisement, but at the same time even quality needs advertisement. We emphasis to provide quality oriented information to the general public and assured mileage to the advertisers.

We tried our level best to accommodate more and useful information to make it a perfect directory. We still feel that an ocean of information is yet to be covered.

We have to offer a million thanks to so many friends, well wishers, advertises and particularly **Mr. A.Venkateshwar Reddy** of **M/s. Quest Publishers**, Kurnool who is inspiration for coming up with this directory. Mr. Ganesh and Mr. V. Madhusudan of M/s. Akhil Printers and so many others who have worked and co-operated through out our endeavours.

This directory is an effort to give valuable information to the general public. We will be hopeful that this directory will serve the purpose. Any suggestions in this regard will be highly appreciated.

Hyderabad

November 2001

- K.S. Murthy

Ambulance Services

- **A.P. Center for Emergencies**
  Exhibition Grounds,
  Hyderabad -500 001
  Phone 4603160

- **Adishakti Sri Sai Ambulances**
  1-4-27/72/61,
  Padmashali Colony,
  Kawadiguda,
  Secunderabad
  Phone 4535368

- **Aravind Ambulance Services**
  Opp Rajeshwar Theatre,
  Market Street,
  Secunderabad -3
  Phone 7715708

- **Chandra Ambulance Services**
  Erramanzil Colony,
  Punjagutta,
  Hyderabad -500 082
  Phone 3328055

- **Pioneer Ambulance Services**
  Nalanda,
  Amrutha Estate,
  Somajiguda,
  Hyderabad - 500 082
  Ph 3312145

- **Soujanya Ambulance**
  Besides CDR Hospital,
  Shapurnagar,
  Industrial Development Area ,
  Jeedimetla,
  Rangareddy District
  Phone 3096327

- **SRM Ambulance 24 Hour's**
  1-9-276,
  Ram Nagar Gundu,
  Hyderabad - 500 044
  Phone 7610019

- **St. Johns Ambulance**
  AP State Centre,
  Sultan Bazar,
  Hyderabad -1
  Phone 4656785

- **Shusrutha Ambulance Services**
  Palika Bazar Complex,
  Secunderabad-3
  Phone 7704396

- **Swarga Vahanam**
  Near Imliban Central Bus Station,
  Afzalgunj, Hyderabad - 500 012
  Phone 4654640



Money can buy you a lot of nice things.
But all the money in the world can not buy contentment.



- **Swetha Ambulance Service**
  Gandhi Nagar,
  Hyderabad-500 020
  Phone 7613249

Ayurvedic Medicines

- **A .A. C. Co. Medical Products**
  15-2-3-8
  S Niketan,
  Kishangunj,
  Hyderabad-500 012,
  Phone 4601585

- **Advya Herbal Products**
  1-2-27,
  Gaganmahal Road,
  Hyderabad-500 029
  Ph 7645237

- **Andhra Ayurveda Bhandar**
  22-6-71,
  Gulzar House,
  Charkaman,
  Hyderabad - 500 002,
  Phone 4565206

- **Aswini Group**
  H.P Road,
  Moosapet,
  Hyderabad-500 018,
  Ph 3703607

- **Aswini Homeo & Ayurvedic Products**
  5-283/1,
  Vajra House,
  Moosapet,
  Hyderabad -500 018
  Ph 3703430

- **Ayurvedeeya Arkhashala Ltd.**
  Satara,
  Shop 27,
  PPS Complex,
  Kachiguda,
  Hyderabad Phone 7565391

- **Badar Unani Stores**
  14, City Towers,
  Malakpet,
  Hyderabad-500 036
  Phone 4554363

- **Baidyanath (Ayurvedic Bhavan)**
  6-3-788/A/5,
  Ameerper,
  Hyderabad -500 016,
  Phone 3410225

- **Chatwal Pharmaceuticals**
  3-6-291/5-6,
  Hyderguda,
  Hyderabad - 29
  Phone 3224273



True happiness is found in giving.



IMPORTANT SERVICES

Police	100
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Ask Me (for city tel No's)	4444444
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AMBULANCE

Apollo Emergency	3548888
A P Centre for Emergency	4603160
Devi	3816903
Om Sai	3703348
Pioneer	3312145
St John's Ambulance	4656785

BLOOD BANKS

Bhanji Kheraj Blood Bank	4745243
Blood Bank Narayanguda	7567892
Chiranjeevi Blood Bank	3353114
Nagarjuna Blood Bank }	7700733
Red Hills }	3390956
Gandhi Hospital	7702222
Govind Shanti Binjrajkher	7811253

For dooners details log into www.boodserve com

BUS SERVICES

Imliban Bus stn./Enquiries &	4618685
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Alighting Point	4601919
Jubilee Bus stn	
Enquiries & Reservations	7802203
Dilsukhnagar Bus stn.	
Enquiries & Reservation	4040023
Koti Bus stn Enquiries	4657651

COOKING AS

Emergency Cell	
Hyderabad	4576261
Secunderabad	7801123

EYE BANKS

Chiranjeevi Eye Bank	3359066
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Indirapark/Ashoknagar	3310691
Ameerpet/Yellareddyguda	3742589
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Bollaram	7862116
Bowinpally	7750912
Chenchalguda	4527024
Chandulal baradari	4460286
Charminar	4521106
Faluknama	4440411
Gachibowli	3010362
Gandhinagar	3078334
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James Street/Gen Bazar	7844336
Kachiguda	4657231
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Maredpally	7804137
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Musheerabad	7664283
Moulali	7120765
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Sanatnagar/Erragadda	3704249
Saroornagar	4045522
Taranaka	7001633
Tolichowki	3560640
Yellareddyguda	3742589

HOSPITALS

Govt Hospitals	
ESI,Erragadda	3700531

IMPORTANT SERVICES

ENT, Koti	4740245
Gandhi Hospital,Sec-bad	7702222
Govt Maternity Hospital, Koti	4653647
Kingkoti Hospital	4756085
Mental Hospital, Erragadda	3813231/3814441
Maternity Hospital, Sec-bad	7792580
MNJ Cancer Hospital	3318422
NIMS/Panjagutta	3320332/6626922
Railway Hospital Sec-bad	7001134
SD Eye Hospital, Mehidipatnam	3317274
State TB Centre, Erragadda	3811797

PRIVATE HOSPITALS

Andhra Mahila Sabha	7617801
Apollo Hospitals, Jubleehills	3607777
Care Hospital	4735464/65/6517777
Care Hospital, Banjarahills	6668888
CDR Hospital, Himayatnagar	3221221
Chandramati Hospital	3814628/3707060
Fernondez Maternity Hospital	4756997
Heritage Medical Centre, Ameerpet	3730202
Heritage Medical Centre, Somajiguda	3379201
Kamineni Hospital	4022272-76
LV Prasad Eye Institute	3548267
Matrika Hospital	3404038/3419301
Mahavir Hospital	3393134
Mediciti, Adarshnagar	3237644
Medwin, Nampally	3202902
Medinova	3311122/3311133
Nature Cure, Balkampet	3731786
Princess Esra, Puranihaveli	4524416
Sagarlal Memorial Hospital	7616456
St Therasas , Erragadda	3701013
Vijay Mari	3307350/3315055

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Blue Cross of Hyderabad	3544355
HImayatnagar	3222736
Shantinagar	3319656

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Enquries & Complaints	
Circle -I / Circle-II	4525709/4525842
Circle - III (GPO)	4736912
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A P Polution Control	3748003

OXYGEN

Asiatic Industrial Gase	3085712
Production Needs Engineers	3095134

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GPO	4745978
CTO, Hyderabad	4609929
CTO, Secunderabad	7841345
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Apollo Pharmacy	3231380
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- **Chintalaru (ayurveda Medicines)**
  2-1-392/1/2/87,
  Nallakunta,
  Hyderabad-500 044,
  Phone 7667393

- **Dayanad Medical and General Stores**
  3-2-25,
  Nimboli Adda,
  Hyderabad - 500 027,
  Phone 4653456

- **Enal Drugs P Ltd.**
  Shapurnagar,
  Industrial Development Area,
  Jeedimeta,
  Ranga Reddy District,
  Phone 3711419

- **Epic Herbal Products**
  10-2-5/8,
  AC Guards,
  Hyderabad-500 028,
  Phone 3391567

- **Friends Medical Hall**
  3-4-43/3,
  Kachigua Station Road,
  Hyderabad- 500 027,
  Phone 4651472

- **Green Valley**
  3-4-531/4A,
  Behind YMCA,
  Narayanguda,
  Hyderabad
  Phone 7618188

- **Herbal Life**
  42-A, Vasavinagar,
  Karkhana,
  Secunderabad-15,
  Phone 7744386

- **Herbal Body Care Ltd.**
  16-11-207/H/1,
  Malakpet,
  Hyderabad-500 036,
  Phone 3227812

- **Hindustan Herbs House**
  B-7, Amrutha Arcade,
  Opp Venkatramana Theatre,
  Hyderabad
  Phone 4657103

- **Hyderabad Ayurved Bhandar**
  3-3-53/1,
  Station Road,
  Kachiguda,
  Hyderabad,
  Phone 4652940



Always put worry in its right place,
out of your life.



- **Hyderabad Medical Store**
  10-3-14/D,
  Humayunnagar,
  Hyderabad-28,
  Phone 3533901

- **Impcops Sales Depot**
  Veersavarkar Road,
  Kachiguda,
  Hyderabad-27,
  Phone 7568375

- **Jain Ayurvedic Pharmacy**
  15-9-422,
  Siddiamber Bazar,
  Hyderabad-500 012,
  Phone 4610612

- **Kerala Ayurveda Pharmacy Ltd.**
  1-8/63,
  Kamalanagar,
  ECIL,
  Hyderabad-62,
  Phone 7120491

- **Kerala Ayurvedic Sanjeevani**
  Plot No 74,
  Sangeethnagar Colony,
  Somajiguda,
  Hyderabad
  Phone 3318401

- **Kesarimal Ratanlal Sharada & Co**
  Moti Market,
  Kachiguda,
  Hyderabad-500 027,
  Phone 4651047

- **Kottakal Arya Vidyasala Agency,**
  Vanijya Complex,
  Dharma Reddy Colony,
  Hyderabad -500 072
  Ph 3050808

- **Master Herbs Pvt. Ltd**
  404,
  UGBS Gardens,
  Navodaya Colony,
  Mehedipatnam,
  Hyderabad-500 028,
  Phone 3518647

- **Matrushri Ayurveda Pharmacy**
  1-1-770/4,
  Ghandinagar,
  Hyderabad-500 380,
  Phone 7611057

- **Natural Health Products Ltd.**
  164,
  Phase-V,
  Jeedimetla,
  Hyderabad-500 055,
  Phone 3095680

The secret to sucess is never to give up.

- **P. Kishanlal Dawasaz**
  21-2-156,
  Gulzar House,
  Hyderabad -500 002,
  Phone 4577705

- **Pamul Industries**
  5-5-41,
  Gosha Mahal,
  Hyderabad-500 012,
  Phone 4602031

- **Rajender Agencies**
  4-4-13,
  Near Dilshad Plaza,
  Sultan Bazar,
  Hyderabad,
  Phone 4751760

- **Raksha Ayurvedic Center**
  Opp State Home,
  YellaReddyguda,
  Amirpet,
  Hyderabad - 500 016
  Phone 3742146

- **Rasheed and Co.**
  Jigar Road,
  Troop Bazar Corner
  Hyderabad-500 001,
  Phone 4610282

- **Sagar Valley Herbals Enterprises,**
  3-5-1085/1,
  1st Floor,
  Narayanguda,
  Hyderabad-500 029,
  Phone 3227943

- **Sandhu Brothers Pvt. Ltd.**
  3-3-73/6,
  Kutbi Guda,
  Kachiguda,
  Hyderabad-500 027,
  Phone 4652597

- **Satya Agencies**
  C-477,
  NGO's Colony,
  Vanasthalipuram,
  Hyderabad-500 070,
  Phone 4023159

- **Savita Traders**
  6-1-630/5,
  Khairtabad Market Road,
  Hyderabad-500 004,
  Phone 3235960

- **Sree Lakshmi Trading Corporation**
  78, Opp Jeera Club,
  Jeera,
  Secunderabad-500 003
  PHone 7535376

If you want to have friends, be a friend.

- **Sri Bhagvan Ayurvedic & General Stores**
  16-11-310/14/5/1/A & B,
  Malakpet,
  Hyderabad-500 036,
  Phone 4548237

- **Sri Swamy Samrat Ayurved Bhandar**
  3-3-837,
  Kutbiguda,
  Kachiguda,
  Hyderabad-500 027,
  Phone 4657386

- **Sunny Neem Extracts Pvt. Ltd.**
  Plot 3,
  Dwarakapuri Colony,
  Panjagutta,
  Hyderabad-500 082,
  Phone 3320718

- **The Herbal Way**
  105, Aditya Enclave,
  Everest Block,
  Ameerpet,
  Hyderabad- 500 016,
  Phone 6505675

- **Venkateshwara Ayurveda Nilayam**
  17-3-157,
  Ghasmandi Road,
  Secunderabad - 500 003
  Phone 7805954

- **Vijaya Lakshmi Ayurvedic Medicals**
  3-3-48/1,
  Kachiguda,
  Hyderabad-27,
  Phone 4657594

- **Vyagra Sales International**
  223,
  Chandralok Complex,
  Sarojini Devi Road,
  Secunderabad-500 003,
  Ph 7897413

- **Yaseen Unani Medical Stores**
  21-2-374,
  Lad Bazar,
  Hyderabad-500 002,
  Phone 4561689

Beauty Salloons/ Schools & Beauticians

- **AFFU'S Hair weaving & Beauty Clinic**
  12-13-1253,
  Street No 7,
  Tarnaka,
  Secunderabad.
  Phone 7016422



Kindness and courtesy can make an average person superior. Indifference and lack of Concern can make a superior person an avera ge.



- **Anitha Beauty Parlour**
  Swetha Complex,
  Vidyanagar,
  Hyderabad-500 044
  Phone 7614415

- **Anoo's Electrolysis & Obesity Clinic**
  Navketan Complex,
  Opp Clock Tower,
  Secunderabad-500 003
  Phone 7808234

- **Anoo's Figurine**
  12,
  UBI Colony,
  Road No 3,
  Banjarahills,
  Hyderabad - 500 034
  Phone 3600301

- **Beau'Tip Herbal Beauty Parlour**
  202,
  Impearial Apartments,
  Besides State Bank of India
  Greenlands,
  Hyderabad - 500 016
  Phone 3323308

- **Beauti Clinic Om's**
  216-2-753/54,
  Revenue Board Colony,
  Dilsukhnagar,
  Hyderabad
  Phone 4068434

- **Begum's Beauty Care**
  Chiragali Lane,
  Abids,
  Hyderabad-500 001
  Phone 3203314

- **Berkowits**
  301,
  Maheshwari Towers,
  Road No 1,
  Banjarahills,
  Hyderabad
  Ph 3301503

- **Bombay Beauty Parlour**
  3-65,
  Shobana Complex,
  Balanagar,
  Hyderabad-500 037,
  Phone 3771216



Friendship is the most priceless gift
that can be given.



- **Charms Beauty Parlour**
  109,
  YMCA Complex,
  Sardar Patel Road,
  Secunderabad - 500 003
  Phone 7805453

- **Chic Beauty Parlour**
  25,
  Amruthamall,
  Somajiguda,
  Hyderabad-500 0082
  Phone 3312239

- **Chinese Beauty Parlour**
  Street No-10,
  Himayathnagar,
  Hyderabad-500 029
  Phone 645236

- **Classic Mahendi Parlour**
  10-3-5,
  Fakar Manzil,
  Mehdipatnam,
  Hyderabad-500 028
  Phone 3511942

- **Dahlia's Beauty Parlour**
  G2, Surabhi Lotus,
  Near Green House,
  Ameerpet,
  Hyderabad - 500 016
  Phone 3752840

- **Ellora Herbal Beauty Parlour**
  Santhi Soudha Apartments
  Erramanizil Colony,
  Hyderabad-500 082
  Phone 3302952

- **Esthetique**
  Plot No 15,
  Road No 5,
  Jubilee Hills,
  Hyderabad - 500 033
  Phone . 3546851

- **Evlas**
  Road NO 3,
  Banjarahills,
  Hyderabad-500 034
  Phone 3546332

- **Femina Beauty Parlour**
  Plot No 41,
  Sidharthanagar,
  Vengalrao Nagar
  Hyderabad-38
  Phone . 3810384

- **Fery's Hair & Beauty Saloon**
  Shop 9,
  AmruthaMall,
  Somajiguda,
  Hyderabad-500 082
  Phone · 3301463



Strive to learn something new everyday.



- **Glamour World**
  6-3-1086/A,
  Raj Bhavan Road,
  Somajiguda,
  Hyderabad- 500 082
  Phone 3310465

- **Hi-tech Cure**
  Ground Floor,
  Hardy complex,
  M G Road,
  Secunderabad -500 003
  Phone 6211797

- **Jasmine Beauty Clinic**
  Sri DattaSai Apartments,
  Beside Yasoda Hospital,
  Hyderabad-500 082
  Ph 3303314

- **La Femme Beauty Clinic**
  MEZ-3,
  Siddamsetty Complex,
  Opp Chenoy Trade Centre,
  Parklane,
  Secunderabad-3 Phone 7846046

- **Manjula's Health & Therpeutic Clinic**
  10-3-771/3,
  Vijaya Nagar Colony,
  Hyderabad-500 057
  Phone 3345659

- **Mayuri Beauty Parlour**
  4-5-768,
  Badi Chowdi,
  Hyderabad-500 027
  Phone 4657845

- **Metro Hair Dresses**
  Main Road,
  Santi Nagar,
  Hyderabad-500 018
  Phone 3775669

- **Miracle**
  5-9-88,
  Inside Hotel Basera,
  Sarojini Devi Road
  Secunderabad - 500 003
  Phone 3233103

- **Mohan Beauty World**
  Flat No 148,
  Road No 10,
  Banjarahills,
  Hyderabad-500 034
  Phone 3608549

- **Monalisa**
  29,
  Sanali Heaven Apartments,
  Ameerpet,
  Hyderabad- 500 016
  Phone 3747992

The key to good health is to eat right, sleep right, exercise right and treat others right.

- **Natures Way**
  79/B,
  Sanjeevareddy Nagar,
  Hyderabad - 500 038
  Phone 3705365

- **New Alexander Men's Saloon**
  Opp Chermas, Abids,
  Hyderabad - 500 001
  Phone 3201729

- **Paras Herbal Beauty Clinic**
  11-3-544,
  Darga Road,
  New Mallepally,
  Hyderabad-500 001
  Phone 3347597

- **Prabha's Herbal Beauty Clinic**
  262/3RT,
  Sanjeeva Reddy Nagar,
  Hyderabad-500 038
  Phone 6509535

- **Queen's**
  Trinetra Super Market Complex,
  Dilsukhnagar,
  Hyderabad
  Ph 4051945

- **Raksha Ayurvedic Centre**
  Opp State Home,
  Yellareddyguda,
  Hyderabad-500 073
  Phone 3742146

- **Ravishing Bodies**
  101,
  Multinaik Plaza,
  Abids,
  Hyderabad Phone 4752720

- **Rupali Beauty Parlour for Ladies**
  5-3-844/7,
  Near MJ Road,
  Hyderabad-500 195
  Ph 4611644

- **Sabika Beauty Clinic**
  17/2RT
  Prakashnagar,
  Begumpet,
  Hyderabad-500 016
  Phone 7768870

- **Sanyo Hair Dressers**
  1-2-261 & 257,
  S D Road
  Secunderabad-3.
  Phone 7846407



Forget the past, it is dead and gone. Live for the future. It is alive and full of potentiality.



- **Seasons Health Care Ltd.**
  Koratla Nagar,
  Himayathnagar,
  Hyderabad-29
  Phone 7605570

- **Shahanaz Hearbal Beauty clinic**
  66,
  R P Road,
  Adj To Eid Parry & Co
  Secunderabad-3
  Phone 7801606

- **Shamas**
  Ramnagar Gundu Bus Stop,
  Ramnagar,
  Hyderabad-44
  Phone 7617830

- **Sharon Beauty Parlour**
  203,
  Imperial Mansion,
  Greenpark,
  Begumpet,
  Hyderabad - 16
  Phone 3324624

- **Shingar Beauty Parlour**
  Adj to Airport
  Begumpet Main Road,
  Hyderabad -500 016,
  Phone 7844450

- **Shivani Herbal Beauty Parlour**
  3, Pentoji Enclave,
  Old MLA Qtrs Road,
  Himayatnagar,
  Hyderabad -29
  Ph 3227624

- **Shubha's Herbal Beauty Clinic/Int.**
  7-1-63/2,
  Dharamkaran Road,
  Ameerpet,
  Hyderabad -16
  Phone 3735461

- **Sindhu's Body Care Clinic for Beauty**
  201 & 2,
  Above Global Trust bank,
  Vidya Nagar X Roads,
  Hyderabad - 500 044
  Phone 7605326

- **Soft Touch Beauty Parlour**
  12-2-836/4/2,
  Near Old Post Office ,
  Mehdipatnam,
  Hyderabad - 500 028
  Phone . 3530839



Every disappointment in life can be a stepping stone to greater things.



CLASSIFIEDS

CLASSIFIEDS

- **Soundarya Beauty Parlour**
  16-11-482/7/B,
  Dilsukhnagar,
  Hyderabad - 500 060
  Phone 4043128

- **Tender Care Boutique**
  6-3-630/9,
  Khairatabad,
  Hyderabad - 500 004
  Phone . 3324286

- **The Naturals**
  Sarovar Centre,
  Secreatariat Road,
  Hyderabad - 500 004
  Phone 3230894

- **Top Line**
  D-112 &113,
  Mayur Kushal Complex,
  Abids,
  Hyderabad -500 001.
  Ph . 3231341

- **Toppers**
  G - 8,
  "Srinivas Towers",
  Begumpet
  Hyderabad - 500 016.
  Phone . 3312357

- **Total Look Beauty Salon**
  5-8-491/D/1,
  2Floor,
  Chirag Ali Lane,
  Hyderabad -500 001.
  Phone . 3201437

- **Unique's Beauty Parlour**
  Opp. Bus Stop,
  Dilsukhnagar,
  Hyderabad - 500 060.
  Phone · 4065952

- **Universe of Ladies Clinic**
  1-1-1-230/33,
  Jyothi bhavan,
  Chikkadpally,
  Hyderabad - 500 020.
  Phone : 7642230

BLOOD BANKS

Bhanji Kheraj Blood Bank	4745243
Blood Bank Narayanguda	7567892
Chiranjeevi Blood Bank	3353114
Nagarjuna Blood Bank	7700733
Red Hills	3390956
Govind Shanti Binjrajkher	7811253

The best way to get ahead is to help others to get ahead.

Chemists & Druggists

- **A.P. Medical Hall**
  3-5-784/2/7,
  King Koti, Hyderabad-500 001.
  Phone 3240970

- **Ahmedi and Company**
  Darga Yousafian X Road,
  Nampally
  Hyderabad -500 001.
  Phone 3320918

- **Akunuri Pharmacy**
  10-217/b,
  Ashok Nagar
  Hyderabad -500 020.
  Phone · 7642654

- **Al Jazeera Medical Shop**
  12-2-734,
  Rethibowli,
  Hyderabad -500 028.
  Phone 3522262

- **AM PM Medical and Gen. Stores**
  S8,
  Diamond Estate,
  Chirag Ali Lane,
  Abids,
  Hyderabad - 500 001.
  Phone : 3205020

- **Amrutha Medical and General Stores**
  Near APSEB,
  Main Road,
  Uppal,
  Hyderabad -500 039
  Phone 7171295

- **Anand Medical & Gen. Stores**
  Murlidhal Mandir,
  High Court Road,
  Hyderabad - 500 002
  Phone · 4570162

- **Anil Medical and Gen. Stores**
  2-3-72/A,
  Opp Police Station,
  Amberpet,
  Hyderabad -500 013
  Phone : 7039490

- **Annapurna Medical & Gen.Stores**
  11-4-447/B,
  Chilkalguda,
  Secunderabad-500 025.
  Phone · 7501875

- **Anupama Medical & Gen.Stores**
  1-43/13,
  Langarhouse
  Hyderabad - 500 008
  Phone : 3511753



Give to those in need. One day you may benefit from the kindness of someone who does the same to you.



- **Aparna Medical and General Stores**
  No 5,
  KK Towers,
  Yosufguda,
  Hyderabad - 500 045
  Phone . 3735329

- **Appolo Pharmacy**
  1-9-1120/2,
  Vidyanagar,
  Hyderabad - 500 044
  Phone 7635036

- **Arun Medical Hall**
  No.106,
  Karan Trade Centre,
  Sarojini Devi Road,
  Secunderabad - 500 003.
  Phone : 7844209

- **Aruna Medical Stores**
  H No 202-90/35/4,
  Amberpet,
  Hyderabad -500 013
  Phone 7033068

- **Aruna Medical and Genral Stores**
  Mehdipàtnam,
  Hyderabad - 500 008
  Phone . 3513757

- **Asha Medical Hall**
  11-6-465,
  Near Nampally Market,
  Hyderabad - 500 001
  Phone : 3394558

- **Ashok Medical Hall**
  1-8-518/17/2,
  Chikadpally,
  Hyderabad -20
  Phone : 7667950

- **Aswin Medical Hall**
  4-2-696/5,
  Ramkoti,
  Hyderabad-500 001
  Phone · 4755877

- **Avinash Medical and Genral Stores**
  21-1-931/3,
  Near High Court,
  Rikabgunj,
  Hyderabad-500 012.
  Phone · 4416211

- **Ayodhya Medical and General Stores**
  8-4-509,
  Erragadda,
  Hyderabad -500 018.
  Phone · 3814621



Happyness is a taste of mind.



- **Ayyappa Santosh Medical**
  11/A,
  Badam Apartments,
  Chaitanyapuri 'X'Roads,
  Hyderabad
  Phone 4048763

- **Bader Unani Stores**
  No 62,
  Jamuna Towers,
  Nalgonda X Rds
  Hyderabad
  Phone 4554363

- **Baidyanath**
  6-3-788/A/5,
  Ameerpet,
  Hyderabad -500 016,
  Phone . 3410225

- **Bajrang Medical Hall**
  5-3-937,
  Nizamshahi Road,
  Hyderabad - 500 001,
  Phone 4732696

- **Balaji Medicals**
  11-8-424/1,
  Chikalguda,
  Secunderabad.
  Phone · 7503336

- **Bhagyalakshmi Medicals**
  3-5-167/1,
  Narayanguda,
  Hyderabad -500 021
  Phone 4754326

- **Bhagawati Medical Stores**
  16-2-674/6/2,
  New Malakpet,
  Hyderabad.
  Phone 4552146

- **Bhandar Medical**
  Lady Hydari Club,
  Bhasheerbag,
  Hyderabad -500 029
  Phone : 3233263

- **Bharat Medical Point**
  16-6-24,
  Chadarghat,
  Hyderabad-500 024
  Phone 4419045

- **Bhatia's Medical Stores**
  3-4-424/5,
  Narayanguda,
  Hyderabad
  Phone . 7564942

Life is a combination of success and failure. Both are needed.

- **Bhavani Medical and Gen. Stores**
  Opp Ganga Jamuna Hotel,
  Hyderabd
  Phone 3323167

- **Boon Medical Hall**
  2-4-620/3,
  Kachiguda Kamela,
  Hyderabad
  Phone 4609220

- **Carwell Medical and Gen. Stores**
  No 12,
  Opp to Care Hospitals,
  Mojam Jahi Road,
  Hyderabad,
  Ph 4736649

- **Chaudary Medical Hall**
  3-6-664/5,
  Himayatnagar,
  Hyderabad
  Phone 7640046

- **City Medcal and General Stores**
  S.No 49,
  Jamuna Towers,
  Malakpet,
  Hyderabad,
  Ph 4554092

- **Decent Medicals**
  11-5-116,
  Red Hills,
  Hyderabad-500 004,
  Phone : 3300737

- **Devi Medicals**
  2-1-390/2,
  Opp Fever Hospitals,
  Nallakunta,
  Hyderabad,
  Ph 7663853

- **Devi Medicals**
  1-2-9/1,
  Opp Sadhu Ram
  Eye Hospital,
  Domalguda,
  Hyderabad.
  Ph 3220431

- **Dhanvantari Medical Stores**
  MIG A 81,
  Water Tank Road,
  Dr. AS Rao Nagar,
  Hyderabad
  Phone : 7123139

- **Dhanvantari Medical and Gen Stores**
  8-3-164/2,
  Erragadda Bazar, Erragadda,
  Hyderabad-500 018. Ph.3814600



All that is given cheerfully and genorously to another comes back to you and enriches your life in unexpected ways.



- **Divya Medical and General Stores**
  306-238/1,
  Himayatnagar,
  Hyderabad-500 029
  Ph 3223364

- **Divya Medical and Gen. Stores**
  2-1-195/1A/2,
  Nallakunta ,
  Hyderabad-500 004
  Phone 7620244

- **Dwaraka Medical Hall**
  Lakdikapool,
  Hyderabad-500 004,
  Phone 3233791

- **Friends Medical Hall**
  9-4-86, 42,
  Salarjung Colony,
  Toli Chowki Road.
  Hyderabad.
  Phone 3516276

- **Friends Medical Stores**
  3-3-43/2,
  Station Road,
  Kachiguda,
  Hyderabad.
  Phone . 4651472

- **Geetha Medical Stores**
  1-7-1074,
  Shop No 4,
  Sri Datta Sai Complex,
  Hyderabad-500 020,
  Phone 7661422

- **Geeta Medicals**
  2-3-18/53/3,
  Golnaka,
  Hyderabad -500 013,
  Phone · 4740218

- **Geata Medical and General Stores**
  1-9-11280,
  Vidyanagar,
  Hyderabad-500 044
  Phone · 7606322

- **Gokul Medical and General Stores**
  9-3-1/4/155,
  Station Road,
  Secunderabad,
  Phone . 7709336

- **Gokul Medical Stores**
  11-5-283,
  Bazar Ghat,
  Hyderabad
  Phone . 3307337



Even the richest man in the world is poor if he is without love in his heart.



- **Govind and Co**
  Shop No 007/A,
  Siddhartha
  Apartments,
  Ramanthapur,
  Hyderabad
  Phone . 7036399

- **Govind Medical Hall**
  2-1-131,
  MG Road,
  Secunderabad - 500 003
  Phone 7813227

- **Govind Medical Hall**
  2-3-529/1/P,
  J&P Bus Stop,
  Amberpet,
  Hyderabad
  Ph 7038216

- **Gulab Medical Hall**
  3-5-1139, Opp
  Tharakarama
  Theatre, Ram Koti,
  Hyderabad
  Phone 4755183

- **Health Care**
  No-10-5-8/9/3,
  Masab Tank,
  Hyderabad.
  Phone 3391832

- **Health Care India Ltd**
  12-2-325/3,
  Mehidipatnam,
  Hyderabad.
  Phone 3516107

- **Hemavathi Medcial Hall**
  Tulsai Nagar,
  Amberpet,
  Hyderabad,
  Phone · 4614901

- **Hind Medical Hall**
  15-2-119,
  Gowliguda Chaman,
  Hyderabad,
  Phone 4600003

- **Huwashti Medical Stores**
  11-5-396/2,
  Red Hills,
  Hyderabad,
  Phone 3327645

- **Hyderabad Medical Stores**
  10-3-14/3/D,
  Humayunnagar,
  Hyderabad -500 028.
  Phone . 3533901



Loving someone is caring, Sharing, bearing, working, changing together.



- **Jain Sons**
  3-3-40/1,
  Opp Petrol Pump,
  Kachiguda,
  Hyderabad
  Ph 4656803
- **Jayaram Medical Hall**
  4-4-294,
  Beside Tajmahal Hotel,
  Bank Street,
  Koti,
  Hyderabad
  Phone . 4757453

- **Jublee Medical Hall**
  8-8-247,
  Panjagutta X Roads,
  Hyderabad.
  Phone : 3540837

- **Kailash Medical Hall**
  3-3-7,
  Badi Chowdi,
  Sultan Bazar,
  Hyderabad-500 001
  Phone 4651530

- **Kamaesh Agencies**
  1-1-58/5,
  S D Road
  Secunderabad-500 003.
  Phone · 7842081

- **Kanodia Chemists & Drugist**
  15-5-21,
  Afzalgunj,
  Hyderabad-500 012
  Phone 4600888

- **Kapila Medicals**
  TRT 32,
  Jawahar Vidya Nilayam,
  Jawahar Nagar,
  Hyderabad-500 020
  Ph 7635176

- **Karuna Medical Hall**
  1-1-101/A/16,
  RTC X Roads,
  Hyderabad-500 020.
  Ph . 7634386

- **Kaveri Medical and General Stores**
  17-1-283/93,
  Saidabad,
  Hyderabad,
  Phone 4531426

- **Keerthi Medical Hall**
  2-1-456,
  Near Vijaya Bank,
  Nallakunta,
  Hyderabad - 44.
  Ph. . 7627975

Dont delay, do it today.

- **Kiran Medical Hall**
  16-11-477/1/A/7,
  Moosarambagh,
  Dilsukhnagar,
  Hyderabad
  Ph 4050880

- **Keerti Medical Hall**
  Vindhyarthi Apartments,
  Humayunnagr,
  Mehidipatnam,
  Hyderabad
  Ph. 3308390

- **Keerti Medical Stores**
  YMCA X Roads,
  Narayanaguda,
  Hyderabad
  Phone 3223055

- **Krishna Medical Hall**
  4030174/1,
  KS Lane,
  Sultan Bazar,
  Hyderabad
  Phone 4753571

- **Kumar Medical and Gen. Stores**
  3-6-1,
  B Reddyguda,
  West Maredpally,
  Secunderabad Phone 7805527

- **L Chiman Lal and Co.**
  Gowliguda,
  Hyderabad.
  Ph 4601477

- **Lalitha Medical Hall**
  Dilsukhnagar,
  Hyderabad
  Ph.4069115

- **Lakshmi Medical Hall**
  833/A,
  Dilsukhangar,
  Hyderabd
  Phone 4067555

- **Lakshmi Ganapath Medical Hall**
  4-119/L/1,
  Opp Hyderabad PublicSchool,
  Ramanthapur,
  Hyderabad
  Phone 7032567

- **Lakshmi Medcal Hall**
  No. 2-3-103,
  Amberpet,
  Hyderabad.
  Phone 7038161



Your day is as good as you make it.



- **Lakshmi Narayana Medical Hall**
  H No 5-79,
  HMT Road,
  Chintal,
  Hyderabd
  Phone 3097688

- **Leeds Medical Stores**
  9-1-44/B,
  Langur House,
  Hyderabad
  Phone 3512681

- **MM Medical Hall**
  4-7-1140,
  Near Kamath Hotel,
  Koti,
  Hyderabad.
  Phone ·4650229

- **Mahalakshmi Medical Stores**
  12-2-718/A/13,
  Nanal Nagar,
  Hyderabad
  Phone . 3514279

- **Mahavir Medical Hall**
  Door. No 1-1-258,
  Chikkadpally,
  Hyderabad-500 020.
  Phone : 7632807

- **Mahesh Medical Hall**
  No 3-36,
  Main Road,
  Uppal,
  Hyderabad
  Phone 7150679

- **Maheshwari Medical Hall**
  2-2-124,
  Amberpet,
  Hyderabad-500 013
  Phone . 7039982

- **Maheshwari Medical Hall**
  2-2-1108/A/5,
  TilakNagar,
  Hyderabad.
  Phone · 7560107

- **Makka Pharmacy**
  9-4-87/74/B,
  Towlichowki,
  Hyderabad- 500 008.
  Phone. 3561495

- **Malakpet Medical Stores**
  16-11-19/5/9,
  Malakpet,
  Hyderabad-500 036
  Phone 4548557



You Can not lose what you have given away.



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- **Malathi Medical & Gen. Stores**
  10-19,
  Main Road,
  Uppal,
  Hyderabad-500 037.
  Phone 7150232

- **Manish Medical & Gen. Stores**
  11-4-667,
  Chilakalguda,
  Secunderabad,
  Phone · 508542

- **Manisha Medical Hall**
  10-1-630,
  Chintalbasti,
  Hyderabad-500 004
  Phone . 3325106

- **Manju Medical & Gen. Stores**
  13-5-92/1,
  Karvan,
  Hyderabad-500 067.
  Phone 4616444

- **Maruti Medica & Gen. Stores**
  21-1-387,
  Rikabgunj,
  Hyderabad-500 002.
  Phone : 4560695

- **Masabtank Pharmacy**
  10-5-7/3,
  Masabtank,
  Hyderabad-500 028.
  Phone . 3308114

- **Medical Pharmacy**
  9-4-87/47/4,
  Tolichowki,
  Hyderabad-500 008
  Phone 3569027

- **Mithra Medical & Gen. Stores**
  1-8-27/14,
  Chikkadpally,
  Hyderabad-500 020.
  Phone .7668324

- **Mohan Medicals**
  3-4-259,
  Opp.Munnurkapu Sangam,
  Kachiguda,
  Hyderabad
  Phone 7561735

- **Mona Medical & Gen. Stores**
  6-3-840/A,
  Municipal Market Road,
  Ameerpet,
  Hyderabad - 500 016.
  Phone 3326459



Have a good laugh at yourself from time to time. It will do you good.



- **Moon Medical Hall**
  2-4-534,
  257 SPL Kamela,
  Amberpet,
  Hyderabad-500 013
  Phone 4657346

- **Mor Chemist & Drugist**
  5-9-13,
  12 Mor Chambers
  Baseerbagh,
  Hyderabad
  Phone 3297111

- **Murali Medical & Gen. Stores**
  12-1-670,
  Shantinagar
  Northlalaguda,
  Secunderabad -500 017
  Ph 7002361

- **Nagar Medical Hall**
  4-5-472,
  Sultan Bazar.
  Hyderabad-500 095
  Phone · 4741647

- **National Medical Stores**
  2-286/9,
  Langur House,
  Hyderabad-500 008
  Phone : 3514657

- **National Medical Hall**
  3-5-78/12/1,
  Eden Garden Road
  King Koti,
  Hyderabad.
  Ph 3211442

- **Navin Medical & Pet Needs**
  3-6-280/A/2,
  HimayathNagar
  Hyderabad
  Phone 3224818

- **Navin Medical Hall**
  7-1-138,
  Ameerpet,
  Hyderabad-500 016
  Phone . 3730236

- **Neosparu Pharma Pvt. Ltd**
  ShapurNagar,
  IDA Jeedimetla,
  Ranga Reddy District,
  Phone 3094126

- **New Green Stores**
  Public Garden Road,
  Nampally,
  Hyderabad-500 001.
  Phone : 3202284



If your heart is breaking, give it to god to mend.



- **New Rahul Medical Hall**
  3-110/1,
  Bapuji Nagar,
  Yapral,
  Secunderabad-500 003
  Phone ·7860310

- **New SS Medical Hall**
  Beside Mumtaj Hotel,
  Warasiguda,
  Secunderabad-500 0361
  Phone 7641088

- **Nikil Medical Hall**
  9-3-288/1,
  Station Road,
  Secunderabad-500 003
  Ph 6211783

- **Nilofur Medical Hall**
  11-5-381/3,
  Red Hills,
  Hyderabad-500 004.
  Phone 3326479

- **Nitish Medical & Gen. Stores**
  Ameerpet
  Hyderabad-500 016
  Ph 3757133

- **Nutan Medical Hall**
  3-6-664/7,
  Street No 10,
  Himayathnagar,
  Hyderabad.
  Ph 7631301

- **Omega Medical & Gen. Stores**
  9-2-286/A/1,
  Lunger House,
  Hyderabad-500 008
  Ph :3517316

- **Onkar Medicals**
  12-10-93/B,
  Seetafalmandi,
  Secunderabad-500 061
  Phone 7616308

- **Panchvati Pharmacy**
  2-2-1118/1/8/B,
  Nallakunta,
  Hyderabad-500 044
  Phone 7565366

- **Parameshwari Medical & Gen. Stores**
  2-2-94,
  Amberpet,
  Hyderabad-500 013.
  Phone 7038483

Even if all you can do is to crawl across the floor, its better than just sitting there doing nothing.

- **Pashupati Medical Hall**
  Ashok Nagar X Road,
  Hyderabad-500 020
  Phone 7651012

- **Pooja Medical & Gen. Stores**
  12-2-823/A/4/B/1,
  Srinagar Colony,
  Mehidipatnam, Hyderabad.
  Ph 3510954

- **Poonam Medical & Gen. Stores**
  Gandhi Nagar,
  Hyderabad-500 020
  Ph .7600495

- **Prakash Medical Hall**
  4-6-462,
  Esamia Bazar,
  Hyderabad-500 027
  Phone . 4656346

- **Prakash Medical & Gen. Stores**
  32-15/10,
  Shapur Nagar,
  Hyderabad Phone · 3096345

- **Praveen Medical Hall**
  8-1-400,
  Rastrapati Road
  Secunderabad.
  Phone 7701774

- **Preeti Medicals**
  3-5-167/A/2,
  Opp Shanthi Theatre,
  Narayanguda,
  Hyderabad
  Phone 4573404

- **Pramila Pharmacy**
  Salarjung Colony,
  Tolichowki,
  Hyderabad.
  Phone 3515996

- **Ravindra Medical Shop**
  4-5-307,
  Sultan Bazar,
  Hyderabad.
  Phone 4757598

- **Raghava Medical & Gen. Stores**
  10-3-281/1/C,
  Humayunnagar,
  Hyderabad - 500 028
  Phone 3535706

- **Rajender Medical Hall**
  3-2-836/2,
  Station Road,
  Hyderabad
  Phone . 4651588

There is nothing in the world that love cant conquer.

- **Rahaman's Medical Hall**
  Opp to Radiant Hotel,
  Muradnagar,
  Mehidipatnam,
  Hyderabad
  Phone 3534026

- **Rajendra Medical Hall**
  7-1-616/17,
  Ameerpet,
  Hyderabad - 500 016
  Phone 3730089

- **Rajendra Medical & Gen. Stores**
  5-2-224,
  Meerpet,
  HB Colony,
  NFC Road,
  Moula Ali,
  Hyderabad.
  Ph 7052415

- **Rajesh Medicals**
  8-3-231/C/40,
  Sri Krishnanagar,
  Yousufguda,
  Hyderabad Phone 3540905

- **Rajasri Medical & Gen. Stores**
  9-4-8-294/G-2,
  Regimental Bazar,
  Secunderabad Phone 7706397

- **Rakesh Medical & Gen. Stores**
  10-4-41/A/10,
  Opp to Cresent,
  Humayunnagar,
  Hyderabad Phone 3322159

- **Rakesh Medical Hall**
  4-6-489/4,
  Esamia Bazar,
  Hyderabad - 500 027
  Phone : 4656297

DAIRY PRODUCTS

- **Amrutha Dairy Fresh Paneer**
  Pl 56,
  Indrapuri Railway Colony
  West Maredpally,
  Secunderabad-2
  Phone 7703564

- **Amruth Milk Products Ltd.**
  P-6-8-30,
  Auto Nagar
  Hyderabad-35
  Phone 4020377

- **Amul Icecreams**
  5-8-24/68,
  Hill Fort Area,
  Adarsh Nagar,
  Hyderabad-63
  Phone 3236378



Troubles, like a washing machine, twist us and knock us around. But in the end we come out bright and better than before.



- **Balamji Milk Food Pvt. Ltd.**
  2-25/1,
  Street 3,
  Kakatiya Nagar,
  Habsiguda,
  Hyderabad- 7
  Phone 7174550

- **C.Vengamamba Dairy Products**
  Sri Colony
  Ramakrishna Puram,
  Hyderabad-94.
  Phone 7114607

- **Creamline Dairy Products Ltd.**
  1-11-252/11/1,
  Motilalnagar,
  Begumpet,
  Hyderabad-16
  Ph 7768271

- **Dairy Den**
  33,
  Opp. Global Trust Bank,
  S D Road
  Secunderabad-3
  Phone 7714830

- **Happy Food Products**
  4-77/3,
  Ferozguda,
  Hyderabad-011 Phone 3771845

- **Hemant Dairy Products & Ice Cream Parlour**
  4-6-489/2,
  Esamia Bazar,
  Hyderabad-27
  Ph 4612777

- **Heritage**
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  Punjagutta,
  Hyderabad-82
  Phone 3391221

- **Heritage Foods**
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  Above Laxmi Motors,
  Hyderabad-36
  Phone 4041456

- **Indo Swiss Project**
  Vrib Premises.
  Shanti Nagar.
  Hyderabad-28
  Phone 3320386

- **Jyothi Dairy Pvt. Ltd.**
  Suraram Industrial Area,
  Suraram,
  Hyderabad-055.
  Phone 3091313

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  Alijah Kotal,
  Harminagar,
  Hyderabad-2
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- **Milk Line Dairy Products Pvt. Ltd.**
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  Malakpet, Hyderabad-36 Ph 4066480

- **Mather Dairy**
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  Bouda Nagar
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  Secunderabad-61
  Phone 7820180

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  Badichowdi,
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- **Om Sri Sai**
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  Main Road,
  Uppal,
  Hyderabad-39
  Phone 7153098

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  3-35,
  Besides Canara Bank,
  Main Road,
  Uppal,
  Hyderabad-39.
  Phone 7159003

- **Panchrathan**
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  Kachiguda,
  Hyderabad-27.
  Ph. 4656894

- **Panchrathan Dairy Udyog**
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  Opp Autofin Ltd ,
  Prenderghast Road,
  Secunderabad-3
  Phone 7846940

- **Perati Milk Foods**
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  Kukatpally,
  'X' Roads,
  Hyderabd-18.
  Ph 3714015

- **Pragathi Traders**
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  Malakpet,
  Hyderabad-36 Phone 4548297

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  Hyderabad-28.
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  Shivaji Nagar,
  Secunderabad-3.
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  SRK Nagar Colony,
  Golconda 'X' Roads,
  Hyderabad
  Phone 7660994

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  Nampally,
  Hyderabad-1
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- **Shree Agarwals**
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  Mahaveer Apartments,
  King Koti,
  Hyderabd.
  Ph 3240852

- **Sri Chaitanya**
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  Shilpa Towers
  Chaitnyapuri,
  Hyderabad-60
  Phone 4046568

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  Barkatpura,
  Hyderabad-37
  Phone 7560679

- **Sri Supriya Dairy Parlour**
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  Old Post Office Road
  Shapur Nagar,
  Hyderabad-55
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  Tarnaka,
  Secunderabad-17 Phone 7018242

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I would rather confess I am wrong and be right than claim Iam right and be worng.



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- **Concept Surgery Clinic**
  Road No.5,
  Opp Meridion School,
  Banjarahills,
  Hyderabad-500 034.
  Ph 3551784

- **Dental Health Centre**
  141,
  Besides Hanuman Temple,
  Sultan Bazar,
  Hyderabad - 500 195
  Phone 7610528

- **P.Srinivas**
  Next to SBH,
  Opp Street No 12,
  HimayathNagar,
  Hyderabad - 500 029.
  Phone 3222500

- **Prof.Sivaram Reddy**
  20, Shanti Nagar,
  Opp.Mahavir Hospital,
  Hyderabad-500 028.
  Phone · 3316262

- **Rajesh Karwaa**
  4-3-351,
  Opp ENT Hospital,
  Bank Street, Koti,
  Hyderabad -500 001
  Phone 4766751

- Sri Sai Cosmetic & Plastic Surgery Clinic
  Shop.56,
  Block No 12,
  Baghlingampally,
  Hyderabad
  Phone . 7650552

- **The Royal Hospetial**
  6-3-626/1/104,
  Anaand Nagar,
  Khairtabad,
  Hyderabad - 500 004.
  Phone : 3399952

Doctors – Counsellors :

A.P. Government Doctors Surgeons

- **Dr. K. Reddy**
  Kothi,
  Hyderabad.
  Phone no. 4744286

DOCTORS - DENTISTS

- **A A Dentistry**
  Kaladera,
  New Malakpet,
  Hyderabad-500 036.
  Phone : 3531360



The tongue is a sword or a magic wand. It can cut and kill, or love and heal.



- **AP Super Specialy Dental Hospital**
  Near Annapurana Studio,
  Road No 2,
  Banjarahills,
  Hyderabad-500 034
  Ph · 3548780

- **AR Motiwala**
  5-8-548,
  Abids,
  Hyderabad-500 001
  Ph 3203684

- **A Srikanth**
  Opp Durga Temple,
  Goshamahal Timber Market Road
  Hyderabad,
  Phone : 4733414

- **Abhishek Dental Clinic**
  Street 13,
  Ram Enclave,
  Erragadda,
  Hyderabad-500 018,
  Phone · 3813533

- **Ahuja Dental Clinic**
  51-B,
  Vasavi Colony,
  AOC Road,
  Picket,
  Secunderabad-500 015
  Ph : 7849861

- **Ananth Multi Speciality Hosptial**
  2-1-325,
  Vegetable Market Road.
  Nallakunta,
  Hyderabad-500 044.
  Phone · 7650967

- **Sree Sree Dental Clinic**
  1-1-365/6, Gandhi Nagar
  Hyderabad-20.
  Phone 7662548

- **Astral Dental Clinic**
  11-5-423,
  Shamshire Estate
  Lakdikapool,
  Hyderabad-500 004
  Phone 3392258

- **Ashwini Speciality Dental Clinic**
  10-3-304/13,
  Besides Andhra Bank,
  Masabtank,
  Hyderabad
  Ph 3537612

- **B.S.Shyamsundar**
  4-3-35,
  Bank Street,
  Koti,
  Hyderabad-500 095.
  Phone 4756751

For the best in town, talk to god. He knows you better than any one.

- **Baburam Reddy M.D.S**
  8-3-978,
  Srinagar Colony,
  Main Road
  Hyderabad-500 073
  Phone 3752683

- **Bethesda Dental Care**
  Jivan Aruna Apartments,
  Opp. Cancer Hospital,
  Ashoknagar,
  Redhills,
  Hyderabad-500 004,
  Ph 3391981

- **Care & Save Speciality Dental Clinic**
  12-5-3/10/3/6,
  Opp St Anns School, Tarnaka,
  Hyderabad-17. Phone · 7004280

- **Cosmetic Dental Clinic & Ortho Denty**
  Near Chaitanyapuri BustStop,
  Dilsukhnagar,
  Hyderabad - 500 660.
  Phone 4040172

- **Cosmetic Ortho Dontic Clinic**
  YMCA Complex,
  Sardar Patel Road.
  Secunderabad-500 003.
  Phone · 7804123

- **Cosmo Dont Dental Clinic**
  Harini Complex,
  Kamalapuri Colony,
  Hyderabad-500 003
  Phone · 3607263

- **Dental Care**
  300,
  Prem Villa,
  AdarshNagar,
  Hyderabad-500 063.
  Phone : 3233216

- **Detnal Clinic**
  6-3-762/1,
  Himayath Sagar Road.
  Kismathpura,
  Hyderabad.
  Phone : 3304575

- **Dental Glory**
  Near Nanal Nagar Bus Stop,
  Mehdipatnam,
  Hyderabad
  Phone . 3521191

- **Dental Health Center**
  Badi Chowdi,
  Besides Hanuman Mandir,
  Sultan Bazar,
  Hyderabad.
  Phone : 4753013



Every one has potential, you have to just discover it.



- **Dentynova Multy Speciality Dental Hosptl.**
  1st Floor,
  Taj Commercial
  Complex,
  Nampally,
  Hyderabad-500 001
  Phone 4731020

- **FMS Dental Hospitl**
  Adj Central Bank of India,
  Bank Street
  Hyderabad-500 001
  Phone 4744210

- **FMS Dental Clinic**
  Kanthi Sikhra Apartments
  Somajiguda,
  Hyderabad-500 020.
  Phone : 3390940

- **G.Bhanumati Murali**
  5-6-199,
  1st Floor,
  West Marredpally,
  Secunderabad - 500 026
  Phone : 7805794

- **G.Hariprasada Rao**
  4-1-1235,
  Boggulkunta,
  YWCA Lane,
  Abids,
  Hyderabad-500 001
  Phone 4754448

- **Goud M.S.**
  1584,
  Street No 19,
  Banjarahills
  Hyderabad
  Phone 3326777

- **Gunrock Dental Clinic**
  SMR,
  Shartaj Plaza,
  Sikh Road
  Secunderabad-500 009.
  Phone . 7847888

- **H.Y. Jai Singh**
  100,
  S.D.Road,
  Secunderabad-500 003.
  Phone . 7847152

- **Hari Devaraya Chowdary**
  7180/4,
  Ameerpet,
  Hyderabad-16.
  Phone 3732297

- **Hi-tech Dental Clinic**
  APIIC Commercial Complex.
  Jeedimetla,
  Ranga Reddy District.
  Phone : 3094713



It is better to slow down and get there than never to arrive at all.



- **Hyderabad Dental Clinic**
  Pancom Business Complex
  Ameerpet X Road
  Hyderabad-500 016
  Phone 3732671

- **Hyderabad Dental Hosptl.**
  4-1-1229/2,
  Boggulkunta,
  Abids,
  Hyderabad-500 001
  Phone 4754138

- **Hydearabad Dental Laboratory**
  4-1-463/C,
  RC Complex,
  Troop Bazar,
  Hyderabad - 500 001
  Phone · 4610316

- **Hyderabad Multy Specality Dental**
  Near Dilsukhnagar Bus Depot.
  Hyderabad-500 660
  Phone 4043070

- **Hyderabad Dental Lab**
  4-1-463/C/5,
  RC Complex,
  Troop Bazar.
  Hyderabad-500 001
  Phone : 4615666

- **Indian Super Speciality Dental Hosptl.**
  Opp KPHB Colony
  Kukatpally,
  Hyderabad-500 072.
  Phone · 3067595

- **J.Nivedita**
  F-22, Kubera Towers,
  Narayanguda,
  Hyderabad-500 029
  Phone : 7644841

- **Jalagam Sridhar Rao**
  1-10-197/4,
  Ashok Nagar. X Road.
  Hyderabad - 500 020.
  Phone : 7603037

- **Jubilee Dental Clinic**
  1st Floor,
  Maheshwari Chambers,
  Somajiguda,
  Hyderabad-482.
  Phone : 3300432

- **Kakade Cosmetic Dental Clinic**
  6-3-248/4/2,
  Opp. Bata Road.1,
  Banjarahills,
  Hyderabad.
  Phone : 3302633

సర్వేంద్రియాణాం నయనం ప్రధానం

- **Kare Dental Hospital**
  Above Reebok,
  Besides Metropolis,
  Road No 1 Banjara Hills,
  Hyderabad
  Phone 3308734

- **Kavitha Dental Clinic**
  2, Kavya Delux Apartments
  Maduranagar,
  Hyderabad
  Phone 3811935

- **Kiran Dental Clinic**
  Welcome Court Complex,
  Tarnaka,
  Hyderabad-500 017.
  Phone 7003204

- **Kiran Kumar**
  Near Railway Degree College,
  Tarnaka,
  Secunderabad-7
  Phone 7615282

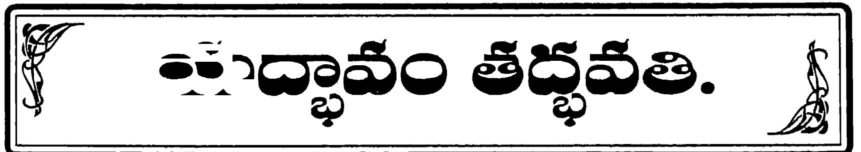
- **Kumud Tiwari**
  Plot No 11,
  New Vasavinagar,
  Karkhana,
  Secunderabad-500 003
  Phone . 7748413

- **M Nagerndra Kumar**
  12, Sunshine Complex,
  Near Sham Theatre,
  Lakadikapool,
  Hyderabad-500 004
  Phone · 3233553

- **Mahendra Dental and Facial Sgry Centre**
  1st Floor,
  Amrutha Hills,
  Topaz,
  Panjagutta,
  Hyderabad-500 082
  Phone 3313568

- **Medwin Dental Super Speciality Centre**
  5-8-352/97/98,
  RR Towers,
  Chirag Ali Lane,
  Abids,
  Hyderabad,
  Phone 3203823

- **Modis Dentla Surgery**
  3-6-364,
  Liberty Building,
  Liberty T Junction,
  Hyderabad.
  Phone : 3225649



- **Mohd Omal Sultan**
  10-5-7/3,
  Masab Tank,
  Hyderabad-500 028
  Phone . 3397847

- **Mohd Osaman**
  Opp. Masjid,
  Fashıgunȷ,
  Mozzamȷahı Market,
  Hyderabad-500 001
  Phone · 4611435

- **Monsari Dental Clinic**
  23, Okaz Complex,
  Mehındıpatnam,
  Hyderabad-500 028.
  Phone 3534376

- **N Laxminarsu Nobel Splty Dnt Clinic**
  1-8-150/2&3,
  Prenderghast Road,
  Secunderabad-500 003
  Phone · 7845633

- **Nobel Splty Dnt Clinic**
  C1,
  BR Apartments,
  Malanı Colony,
  Tarbund,
  Secunderabad-9
  Phone : 3548135

- **P V Karmedkar**
  4-8-477/478,
  Gowliguda,
  Hyderabad-500 012
  Phone 4658780

- **Pardise Dental Center**
  1st Floor,
  Bharat Autofın,
  Street No.7,
  Prenderghast Road,
  Secunderabad-500 003
  Phone : 7721268

- **Prabhavati**
  1-10-233,
  Ashoknagar,
  Hyderabad-500 020,
  Phone : 7611407

- **Pemanandam**
  3-6-382/A,
  Street No. 2,
  Himayatnagar,
  Hyderabad-500 029.
  Phone : 7610528

- **Prime Dental Care**
  Glendal,
  KingKoti Road,
  Hyderabad-500 001.
  Phone : 4752614



The hands which help are holier than those lips which prey.



- **Priyanka Dental Care**
  5-9-226,
  1st Floor,
  Opp Methadist Complex,
  Abids,
  Hyderabad
  Ph . 3203320

- **RSN Dental Clinic**
  Opp Community Hall,
  Sanjiva Reddy Nagar,
  Hyderabad-500 038
  Phone · 3717427

- **Radhika Splty Dental Clinic**
  12/2/718/18,
  1st Floor,
  Blue Bird Hall,
  K Nagar,
  Hyderabad
  Phone . 3517779

- **Rajashekar G**
  Vivekananda Hospital,
  Opp. Blue Moon,
  Begumpet,
  Hyderabad-500 016
  Phone 3394431

- **Rajesh Karwa**
  F-22,
  Kubera Towers,
  Narayanguda,
  Hyderabad-500 029.
  Phone : 3225760

- **S B Adiga**
  3012,
  Emrald House,
  S D Road,
  Secunderabad-3.
  7841085

- **S Prem Kumar**
  14-198/3,
  Mirjalguda,
  Near Bus Stop, Malkajgiri,
  Secunderabad Ph 7057064

- **S Prem Kumar**
  616,
  Ghandinagar,
  Near Canara Bank,
  Hyderabad-500 080.
  Ph : 7613238

- **S Venu Gopal**
  8A,
  Road 2,
  Jubli Hills,
  Hyderabad-500 030.
  Phone : 3546806

- **Sai Dental Surgery**
  89,
  Sangeetnagar,
  Somajiguda,
  Hyderabad-500 082.
  Phone : 3311446



Giving love is the greatest pleasure of life.



- **Sai Bhargav Speciality Dental Hospital**
  8-4-510,
  Erragadda,
  Hyderabad-500 018
  Ph 3711509

- **Sai Dental Clinic**
  Chandanagar,
  BHEL,
  Hyderabad-500 050.
  Phone 3033127

- **Sai Lalitha Dental Clinic**
  7,
  Pragathi Enclave
  Bhagynagar Colony,
  Kukat Pally.
  Hyderabad
  Phone 3066349

- **Saraswathi Dental and Ortho Dontic Clinic**
  1st Floor,
  K P Complex,
  Dilsukhnagar,
  Hyderabad-500 060.
  Ph · 4069944

- **Sirjeev Singh Yadav**
  Lane Opp Arya Samaj,
  Kachigda X Road,
  Hyderabad
  Phone · 4654558

- **Sec Dental Hospital**
  1-2-261/4-6,
  Opp Minerva Complex,
  S.D. Road,
  Secunderabad-500 003.
  Ph. 7817821

- **Sravan Dental Clinic**
  Adj. SBH,
  Shantinagar,
  Masabtank,
  Hyderabad-500 028.
  Phone : 3315146

- **Shreya Dental Clinic**
  Cholas Reisdency,
  Near Bus Stop,
  Kharkana,
  Secunderabd-500 015.
  Ph.7743193

- **Shiva Speciality Dental and Plastic Clinic**
  G7,
  Beside Vegetable Market,
  Shankarmutt,
  Hyderabad-44. Phone : 7618719

- **Smile Centre Dental Hospital**
  Golconda X Roads,
  Opp. Subash Theatre,
  Musheerabad,
  Hyderabad-500 020.
  Ph. 7663373



God loves you! To prove it, He's made all the beauties and pleasures of nature for you to enjoy.



- **Smile Design**
  538,
  Gulmohar,
  Opp ANZ,
  Raj Bhavan Road,
  Hyderabad-500 482
  Ph 3303085

- **Smiline Dental Hospital**
  Besides Gold Spot,
  Ameerpet Main Road,
  Hyderabad-500 016
  Ph 3744075

- **Sri Rama Murthy's Dental Clinic**
  F14,15,16,
  Agarwal Chmbers,
  Kingkoti,
  Hyderabad.
  Phone . 3232351

- **Srinad Reddy**
  Opp. NIMS,
  Panjagutta,
  Hyderabad.
  Ph . 3312323

- **Sri Dental Clinic**
  41/A, 1st Floor,
  Vasavinagar,
  Karkhana,
  Sec-bad - 015
  Ph 7740890

- **Sri Sai Clinic**
  Tredent, Plot No 28,
  Near Secunderabad Club,
  Wellington Road,
  Secunderabad,
  Ph 7843434

- **Srinivas Dental Clinic**
  C13,
  Lal Bunglow,
  Ameerpet,
  Hyderabad-500 016
  Ph : 3313454

- **Sri Ram Dental Clinic**
  9-14,
  Harikrishna Complex,
  Dilsukhnagar-60
  Hyderabad
  Phone 4065876

- **Sri Sai Cosmotic Dental Clinic**
  7, Vardhaman Apartments,
  Srinagar Colony,
  Hyderabad-73
  Phone . 3742650

- **Sri Satya Sai Speciality**
  Prem Chambers,
  1st Floor,
  Dilsukhnagar,
  Hyderabad-36
  Phone : 4044815

Happiness comes from within your heart, not from your surroundings.

CLASSIFIEDS

- **SVR Dental Clinic**
  H No 8-117,
  Ramanthapur,
  Hyderabad-13
  Phone 7033435

- **T Manisha Choudary**
  G4,
  Arun Apartments,
  Red Hills,
  Hyderabad-4.
  Ph · 3307855

- **T Sampath Kumar**
  1-8-703/9,
  Near Shankarmutt,
  Nallakunta,
  Hyderabad
  Ph. 7668382

- **T Venkat Rao**
  Sri Sai Dental Clinic,
  Malakpet
  Hyderabad.
  Ph 4547023

- **Tarnaka Dental Clinic**
  Vamshi Complex,
  Tarnaka,
  Secunderabad-500 017.
  Ph 7019555

- **The Royal Hostpital**
  6-3-626/1/104,
  Anandnagar,
  Khairatabad, Hyderabad-4.
  Phone. 3399952

- **Tooth Affairs**
  1-1-80/3,
  Devi Chambers,
  RTC X Roads,
  Hyderabad-20
  Phone : 4657739

- **Tulasi Dental Clinic**
  B-204,
  Aditya Enclave,
  Ameerpet,
  Hyderabad-16.
  Phone 3747263

- **V S Ravindra**
  1-1-180/14,
  RTC X Roads,
  Hyderabad-20.
  Phone : 7634288

- **Vijya Speciality Dental Clinic**
  Opp. Syndicate Bank,
  New NallaKunta,
  Hyderabad-44.
  Phone 7650940



You are a wise man today if you have learned from yesterday's blunders.



- **White Care Dental Multi Speciality Clinic**
  10-1-544,
  Entrenchment Road,
  East Maredpally,
  Secunderabad
  Phone 7714852

- **White Line Dental Multi Speciality Hospital**
  202,
  Bandaru Bhavan
  Yousufguda Main Road,
  Hyderabad
  Phone · 6509974

- **Abhishek Dental Clinic**
  Dr. K.V. Rao
  Erragadda,
  Hyderabad
  Phone : 3813533

- **Adiga Dr. Shyam B.**
  Dr. S.B. Adiga
  S.D. Road,
  Secunderabad
  Phone · 7841085

- **Ahuja Dental Clinic**
  Dr. T. Ahuja
  Picket,
  Secunderabad.
  Phone · 7849861

- **Aruna Sharma Dr.**
  Himayatnagar,
  Hyderabad
  Phone 3228009

- **Aswini Dental Clinic**
  Aditya Enclave
  Ameerpet,
  Hyderabad
  Phone no. 3743802

- **Bhavani Dental Clinic**
  Dr. G. Anil Kumar
  Somajiguda,
  Hyderabad
  Phone no. 3312941

- **Bhola Dr. V.S. BDS**
  M.J. Market,
  Hyderabad
  Phone no 4611435

- **Chandrakanth Rao Dr. B.**
  A.C. Guards
  Hyderabad.
  Phone no. 3303031

- **Cosmodont Dental Clinic**
  Dr. A. Reddy
  Commercial complex,
  Phone no. 3607263

It's not always what you say that makes the difference; sometimes it's the way you say it.

- **Dental and Orthodontic Clinic**
  Dr. M Nagendra
  Phone : 3233553

- **Dental Care Centre**
  Dr Y G. Reddy
  Phone . 3319491

- **Dento Care**
  Bhupathi Reddy Colony
  Kachiguda,
  Hyderabad.
  Phone : 4653569

- **Dr. Gowd's Cosmetic hi-Tech Dental Hospital**
  Phone : 3326888

- **Dr. Mody's Dental surgery**
  Dr. Sharukh B. Mody Dental
  Liberty Building,
  Hyderabad.
  Phone : 3225649

- **Dr. P. Sreenivas**
  Lothukunta ,
  Secunderabad.
  Phone 7815586

- **Dr. Sree Rama Murthy Dental Clinic**
  Kingkothi,
  Hyderabad.
  Phone : 3232351

- **F.M.S. Dental Hospital**
  Dr. Parthasarathi
  Phone : 4654599

- **Gunrock Dental Clinic**
  Rao D K.U.
  Sikh Road,
  Secunderabad.
  Phone : 7847888

- **Hyderabad Dental Lab**
  Mujeeb U Rahaman
  Boggulakunta,
  Hyderabad.
  Phone : 4754140

- **Indeevar Dr. A.,**
  Kothi,
  Hyderabad.
  Phone : 4606922

- **Jagan Dr. (Brig) V BSC BDS**
  A.S. Rao Nagar.
  Phone : 7114801

- **Jalagam's Specialist Dental**
  Dr. J. Shridhar
  Prakash Road,
  Hyderabad.
  Phone : 7603037



Friendship flows in two directions:
You must give as well as receive



- **Jayamurthy Dental Clinic**
  Dr. I. Vijayalakshmi
  Prakash Nagar,
  Hyderabad
  Phone 7760645

- **Jubilee Dental Clinic**
  Dr. G.S. Babu
  Somajiguda ,
  Hyderabad.
  Phone . 3300432

- **Jwala Dr. Chaitanya**
  Phone . 3608157

- **Kakade's Cosmetic Dental Care**
  Banjara Hills ,
  Hyderabad
  Phone : 3302633

- **Kalyani Dental Clinic**
  R. Reddy Dr.
  SR nagar colony,
  Hyderabad.
  Phone : 4568978

- **Kardar Dental Clinic Lab**
  A. Kardar
  Phone no. 4412527

- **Kare Dental Hospital**
  Phone no. 3308734

- **Karthik Cosmetic Dental Centre**
  Dr. Reddy
  Phone 4751372

- **Karwa Dr. Rajesh**
  Koti,
  Hyderabad.
  Phone 4756751

- **Karwa Dr. Rajesh Karwa**
  Bankstreet,
  Kothi,
  Hyderabad
  Phone . 4756751

- **Kranthi Dr.**
  Ramnagarcolony,
  Hyderabad.
  Phone . 3320196

- **Liberty Dental Hospital**
  Liberty Plaza,
  Hyderabad.
  Phone : 3226265

- **M.S. Malik Multi Specialist**
  Dr. R. singh
  Chiragali Lane,
  Hyderabad.
  Phone : 3202359



Great men tell you how to get where you're going; greater men take you there.



- **Mahendra Dr. Col Azad**
  Punjagutta,
  Hyderabad
  Phone . 3313568

- **Medwin Dental Super Speciality**
  Abids,
  Hyderabad
  Phone · 3203823

- **Motiwala Dr. A. R.**
  Abids,
  Hyderabad.
  Phone : 3203684

- **My smile Dental Hospital**
  Dr. Y. G., Reddy
  Masabtank,
  Hyderabad.
  Phone · 3303170

- **Nagendra Kumar Dr. M**
  Lakdikapool,
  Hyderabad
  Phone : 3233553

- **Naveen Reddy Dr. A.**
  Raj Bhavan Road,
  Hyderabad.
  Phone : 3303085

- **Noble Dental Clinic**
  Dr. S. Venu Gopal
  Phone : 3303085

- **Novo Dental clinic**
  Dr. Lakshminarayana
  Punjagutta,
  Hyderabad.
  Phone : 3311050

- **Om Dental Clinic**
  Dr. Venkatappaiah
  Bapujinagar,
  Hyderabad.
  Phone : 7070851

- **Om Sai Dental Clinic**
  Dr. Niranjan M
  Phone : 3327960

- **Paradise Dental Centre**
  K.D. Sharma
  Phone : 7721268

- **Poorna Speciality Dental Clinic**
  Dr. C. Anam
  Ashoknagar , Hyderabad.
  Phone : 7638169

- **Poulomi Dental Hospital**
  Sharat Chandra B.
  Phone : 7153607



If you've experienced the dark,
you can better appreciate the light.



- **Praveen kumar Dr. K.**
  Tolichowki,
  Hyderabad
  Phone . 3561879

- **Premanandam Dr. I**
  Badi Chowdi,
  Hyderabad
  Phone . 4751822

- **Priyanka Dental Clinic**
  Dr M.K. Jodi
  Phone · 3203320

- **Dr. P. Janardhana Reddy**
  Ameerpet cross Roads,
  Hyderabad.
  Phone · 3311515

- **Proto Type Dental Clinic**
  Dr. K. Srinivas
  Ameerpet,
  Hyderabad.
  Phone . 3397011

- **Rama Devi Dr. P.**
  Domalguda,
  Hyderabad.
  Phone : 7603257

- **Ramachandra reddi Dr. P.**
  Dwarakapuricolony
  Phone · 3352211

- **Ramana kumar Dr. V.**
  Clock Tower,
  Secunderabad
  Phone , 7806516

- **Ramana Kumar Dr. V.**
  Ameerpet ,
  Hyderabad.
  Phone : 3734615

- **Rao Dr. C.P.**
  S P., Road.
  Secunderabad
  Phone · 7804132

- **Ratnakar Dr. P.**
  Phone : 7806622

- **Ravi Dental Clinic**
  Kamalanagar,
  ECIL,
  Hyderabad.
  Phone : 7121400

- **Ravindra Dr. S.**
  Malkajgiri ,
  Secunderabad.
  Phone : 7062233

When the night is the darkest, that's when one lone candle makes the biggest difference.

- **Reddy Dr. Dharma K.**
  Ramkote,
  Hyderabad.
  Phone . 4752424

- **Reddy Dr. MDS Sreenatha**
  Punjagutta,
  Hyderabad
  Phone . 3312323

- **Reddy Dr. Rajesh Kumar**
  Chilkalguda,
  Secunderabad
  Phone · 7608983

- Reena Rao Dr. Mrs.
  Ameerpet,
  Hyderabad.
  Phone . 3311410

- **Regency Dental Clinic**
  Phone · 7714818

- **Royal Hopspital for Dentistry and Facial**
  Dr. Nanda Madhuri
  Anandnagar Colony,
  Hyderabad.
  Phone · 3323699

- S.V.R. Dental Clinic
  Dr. Ramakrishna Rao
  Habsiguda,
  Hyderabad.
  Phone . 7170405

- Sai Dental Clinic
  Dr **Mrs. Sunaina Aminha**
  A S Rao Nagar,
  Hyderabad.
  Phone : 7126195

- **Sai Dental Clinic**
  Dr. V. Nagalaxmi
  Mareddpally,
  Hyderabad.
  Phone : 7806107

- **Sanghi Dental Clinic**
  Dr. Sanghi
  Phone . 7631164

- **Saraswathi Dental and Orthodontic Clinic**
  Dilsukhnagar,
  Hyderabad.
  Phone : 4069944

- **Satyaraj Dental and Orthodontic Clinic**
  Dr. K. Murthy
  Malkajgigi ,
  Hyderabad.
  Phone : 7050619



Negative or positive - one of these two can make you or break you, depending on what you choose.



- **Secunderabad Dental Hospital**
  Dr. K. Himathi
  S D. Road,
  Secunderabad.
  Phone : 7817821

- **Shravans Dental Clinic**
  Dr. D.S. Kumar
  Phone 3315146

- **Shree Dental Clinic**
  Dr. K. Sanjay
  Phone · 4744386

- **Shreya Dental Clinic**
  Dr. A. Samatha
  Phone . 7745829

- **Smile Centre**
  Golconda Cross Roads,
  Hyderabad.
  Phone : 7663373

- **Smile Centre**
  Dr. V. Krishna
  Golconda Road,
  Hyderabad.
  Phone . 7663373

- **Speciality Dental Clinic**
  Dr P Udaya Kumar
  Dilsukhnagar,
  Hyderabad.
  Phone . 4161352

- **Spectrum Dental Clinic**
  Dr D B. Gandhi Babu
  Phone · 7819180

- **Sri Dental Clinic**
  Dr. V. Phani Kumar
  Vasavinagar,
  Hyderabad
  Phone · 7740890

- **Sri Lakshmi Dental Clinic**
  Ameerpet,
  Hyderabad.
  Phone : 3742342

- **Sri. Rama Dental Clinic**
  Punjagutta,
  Hyderabad.
  Phone : 3353512

- **Sri Sai Dental Clinic**
  Dr. Surender
  Phone : 7843434

Nothing great was ever achieved by only sitting still.

- **Srikanth Dr. A.**
  Phone 4733414

- **Srinivas Goud Dr. A**
  Amberpet Road,
  Hyderabad
  Phone · 3737250

- **Srinivas Rao Dr. K.**
  Phone . 7740527

- **Srinivas Dental Clinic**
  Dr. R. Reddy
  Ameerpet,
  Hyderabad
  Phone 3313454

- **Sruthi Dental Clinic**
  Musheerabad,
  Hyderabad.
  Phone 7610280

- **The Dental Clinic**
  Dr. K. Mahendranath
  Phone · 3314140

- **The Royal Hospital for Dentistry and Facial Surgery**
  Khairatabad,
  Hyderabad
  Phone : 3399952

- **Tooth Place**
  Dr. B. Reddy
  Phone : 3752683

- **Tulasi Dental Clinic**
  Gopinath
  Ameerpet,
  Hyderabad.
  Phone : 3747263

- **Vijaya Dental Clinic**
  Dr. C.N. Vijay
  Neredmet Road,
  Secunderabad.
  Phone : 7110332

- **Vijayanagar Dental Clinic**
  Dr. A. Sharma
  Skyline Threatre Lane,
  Hyderabad.
  Phone : 3226077

- Vijayanagar Dental Clinic
  Dr. M. Ravindranath
  Phone : 3341287

- **Vittal Dr. C.**
  Phone : 3073189

Every mistake is an opportunity to learn something new.

- **Vivekanand Dento Facial Centre**
  Begumpet,
  Hyderabad
  Phone 3312930

- **White Care Dental Dr. Praveen**
  Phone . 7714852

- **Yadav Dr. A.S.**
  Phone . 3203578

- **Yadav Dr. Sarjeev Singh**
  Phone : 4654558

DOCTORS-DIABETOLOGISTS

- **Amrutha Diabetic Centre**
  Road 12,
  Banjara Hills,
  Hyderabad
  Phone 3390654

- **Diabetic Edc & Treatment Centre**
  107,
  Panjagutta,
  Hyderabad-482.
  Phone 3311152

- **Diabetic Foot Wear (Dr Kiran)**
  Medi Lab,
  Santoshnagar Colony,
  Mehidipatnam,
  Hyderabad-28
  Phone 3514888

- **Imtiaz Ahmed**
  6-1-1015,
  Meera Theatre Road,
  Khairatabad,
  Hyderabad.
  Ph. 3230966

- **Jayanthi Ramesh**
  8-2-626/3,
  Road 11,
  Banjara Hills,
  Hyderabad.
  Ph. 3318374

- **Sangeetha JHA**
  Medwin Hospital,
  Raghava Ratna Towers,
  Chirag Ali Lane, Hyderabad-1.
  Ph. 3202902

Doctors - Ent

- **AP Reddy**
  Medinova,
  Somajiguda,
  Hyderabad-482.
  Ph 3312161

A merry heart is good medicine, but a broken spirit can make you sick.

CLASSIFIEDS

- **AshokKumar ENT Hospital**
  3-4-136,
  Barkatpura,
  Hyderabad-27.
  Ph 7563651

- **B.Prabhakar Reddy**
  1-8-430/27B,
  Chikkadpally,
  Hyderabad-20.
  Phone 7667822

- **ENT Nursing Home**
  Karan Trade Centre,
  S D.Road.
  Secunderabad-3.
  Ph 7848166

- **Hearing Aid Centre**
  1-7-10/1,
  Golconda X Road.
  Hyderabad-48.
  Phone 7667400

- **Hyderabad Speech & Hearing Centre**
  Rama Towers,
  Tilak Road
  Hyderabad-1
  Phone : 4753502

- **K.B. Nandkishore**
  1-1-336/36A,
  Vivek Nagar,
  Chikkadpally,
  Hyderabad-500 020.
  Ph. 7635883

- **K.Shekaran**
  1-4-73/3,
  Gandhi Nagar,
  New Bakaram,
  Hyderabad-380.
  Phone : 7612499

- **K. Narsimulu**
  F-2,
  Plot.70,
  Road.7,
  Hill Plaza
  East Marredpally,
  Secunderabad-26.
  Phone : 7667844

- **K.Subramanyam**
  109,
  Prithvi Mansion,
  Domalguda,
  Hyderabad-500 029.
  Ph. 7608558



To see and understand the big picture, you've got to meet the Master Painter.



- **N. Radhakrishna**
  Yashoda Hospital
  Rajbhavan Road,
  Somajiguda,
  Hyderabad-73
  Phone 3311022

- **Nagendra Mahendra**
  Municipal Colony,
  Malakpet,
  Hyderabad-36
  Phone · 4548080

- **Nova ENT Hospital**
  6-3-652 1st Floor,
  Kautilya Block,
  Somajiguda,
  Hyderabad-482
  Ph 3322444

- **P. Venugopal Reddy**
  New City Hospital,
  S D.Road
  Secunderabad-3.
  Phone : 7731640

- **P. Venugopal Reddy**
  Plot 89,
  Shesachala Colony,
  East Maredpally-?6.
  Ph 7733187

- **P.Prabhakar Reddy**
  Ramakrishan Complexc
  Museerabad,
  Hyderabad-20
  Phone 7618612

- **S.Vijyayalaxmi**
  194,
  Sri Colony,
  5th Lane,
  Neredmet X Road,
  Secunderabad-56.
  Ph 7111737

- **T.V. Krishna Rao**
  5-9-30/1/27AB,
  B. Palace Colony,
  Basheerbagh,
  Hyderabad-63.
  Ph. 3222255

- **Amrutha Diabetic Centre**
  Dr. Y. Chiranjeev Reddy
  Banjara Hills,
  Hyderabad.
  Phone : 3390654

- **Arya Dr. Vivek**
  Punjagutta,
  Hyderabad.
  Phone : 3320078

Give God a chance, and He will make something beautiful of your life.

- Diabetes Education and Treatment Centre
  Dr. P. Ushabala
  Punjagutta,
  Hyderabad.
  Phone . 3391911

- **Ramachandrudu Dr.**
  Saleemnagar Colony,
  Hyderabad.
  Phone . 4549885

- **Rudhraksha**
  Pyramid house Clinic
  Dr. B. Veeraswamy
  Anandnagar Colony,
  Hyderabad.
  Phone : 3315582

Doctors – Emergency

- **Pragna Hospital – Child and Newborn**
  Dr. Suresh
  Khairatabad,
  Hyderabad
  Phone : 6506456

Doctors - Eye

- **The Aditya Eye Clinic**
  Thirumala Complex,
  Lungerhouse,
  Hyderabd-8
  Ph. : 3522465

- **Divakar Rao K.**
  16-11-7415/1/1,
  Dilsukhnagar.
  Hyderabad-60.
  Ph. 4045290

- **Drishti Eys Hospital**
  1109,
  Nagarjuna Nagar,
  Ameerpet,
  Hyderabad-73.
  Ph. 3742158

- **J.S.Rao's Eye Clinic**
  203,204,
  Padmavathi Plaza
  KPHB Colony.
  Hyderabad-72.
  Phone 3062692

- **K.Krian Kumar**
  16-11-477/47,
  Dilsukhnagar,
  Hyderabad-60.
  Ph. 4061299

- **Kada Satyanarayana**
  Surya Hospital,
  Nampally Station Road
  Hyderabad-1.
  Ph. 3203568

Earth has no sorrow that time cannot heal!

- **Lions Eye Hsptl**
  Balanagar,
  Raju Colony,
  Balanagar,
  Hyderabad-37
  Phone 3078306

- **M.Shyamsunder Gupta**
  27, New VasaviNagar
  Karkhana Road,
  Secunderabad-15.
  Phone : 7745091

- **M.Venkatalinga Reddy**
  Vamshi Estate,
  Opp GoldSpot,
  Ameerpet,
  Hyderabad-16.
  Phone 3303198

- **Md. Naseeruddin**
  7,Laxmi Apartments,
  Opp. Vijaya Bank,
  Nallakunta,
  Hyderabad.
  Phone 7611825

- **Medvision Eye Hospital**
  Masab Tank,
  NMDC
  Sarojinidevi Eye Hospital
  Main Road,
  Humayun Nagar,
  Hyderabad.
  Phone . 3326399

- **N.Laxmi Varaprasad**
  Main Road,
  Besides Kosaraju Hospital,
  Lungershouse,
  Hyderabad -
  Ph 351045

- **P.Sridevi**
  405, Pragathi Apartments.
  Gaganmahal Road
  Hyderabad-29
  Phone 7631485

- **Padma Rao A.M.**
  E-70,
  Sanjeevayya Nagar,
  Tadbund,
  Secunderabad-3.
  Ph. 7840451

- **Ravi Opticals**
  Colony BustStop,
  Main Road,
  Ramanathapur,
  Hyderabad-13
  Ph. 7036021

- **Sai Jyothi Eye Institute**
  [illegible]
  Road 1,
  West Marredpally,
  Secuderabad-26 7719170



Light up your own life by lighting up another's.



- **Satya Eye Clinic**
  102,
  Ramakrishna Towers
  Behind Chermas,
  Ameerpet
  Hyderabad-16
  Phone 3740299

- **S.K.M. Eye Clinic**
  Opp ICRISAT Colony
  Tadbund,
  Akbar Road
  Secunderabad-9.
  Phone 7758562

- **Swaroop Eye Centre**
  145,
  Dwarakapuri Colony.
  Panjagutta,
  Hyderabad-82
  Phone 3354558

- **V.V. Eye Clinic**
  7-41/12,
  Bapuji Nagar,
  Nacharam,
  Hyderabad-76.
  Phone : 7172493

Doctors – Eye :

- **Asian Optics**
  Mohd Ahmed Ali
  Phone : 3091311

- **Bilwa Dr. Mangal**
  Old Nallakunta,
  Hyderabad.
  Phone : 7667386

- **Challa Dr. Ravi prasad**
  Phone : 3733705

- **Dr. Byramji's Clinic & Eye Hospital**
  Dr. S. Byram
  M.G. Road.
  Secunderabad.
  Phone : 7846074

- **Drishti Eye Hospital**
  Ameerpet,
  Hyderabad
  Phone : 3742158

- **Gutta Eye Clinic**
  Dr. G. Suresh
  Ameerpet ,
  Hyderabad.
  Phone : 3733909



Life rewards those who persevere.



- **Hari Prasad Dr. G.**
  Balanagar,
  Hyderabad
  Phone 3772297

- **Netralaya Dr. Aditya**
  Lakdikapool,
  Hyderabad
  Phone 3236867

- **Poola Memoraial Eye Hospital**
  Dr. Mrs. G. Prasad
  Kamalanagar,
  Hyderabad.
  Phone 7120088

- **Prasad Dr. Sri Rama**
  Phone · 3514680

- **Rajalingam Dr. V.**
  S R. Nagar,
  Hyderabad.
  Phone . 7135136

- **Ramana Rao Dr. V. Eye Clinic**
  Dr. R. Rao
  Bapujinagar,
  Hyderabad
  Phone · 7172493

- **Rao Dr. A. M. P.**
  M G Road,
  Hyderabad.
  Phone . 7840966

- **Sadanand Dr.**
  Sultan Bazar,
  Hyderabad
  Phone · 4751422

- **Sai Jyothi Eye Institute**
  Dr. Sai Baba Goud
  Phone . 7719170

- **Sudha Eye Clinic**
  Dr. D. Vijayarama Raju
  Punjagutta,
  Hyderabad.
  Phone : 3323154

Doctors – Ear, Nose and Throat (ENT)

- **Alps Hearing Aids**
  Narendra
  Parklane,
  Secunderabad.
  Phone . 7814589

- **Chandra Deep Pratap Dr.**
  Punjagutta,
  Hyderabad.
  Phone no. 3313324

Smile. It may be the ray of sunshine that someone needs in an otherwise stormy day.

- **H.N.'s Hearing Aid Centre**
  Hnarendran
  Parklane,
  Hyderabad
  Phone 7814569

- **Hyderabad Speech and hearing**
  Dr.Reddy
  Tilak Road,
  Hyderabad
  Phone . 4753502

- **Krishna Rao Dr. T.V.**
  Basheer Bagh Palace,
  Hyderabad.
  Phone no 3222255

- **Nandakumar Dr. V.**
  A C. Guards
  Hyderabad
  Phone . 3514888

- **Nova ENT Hospital**
  Dr. M. Reddy
  Somajiguda ,
  Hyderabad
  Phone . 3322444

- **Ptiyadwani Speech ad Hearing**
  HACP Colony,
  Hyderabad.
  Phone no. 7811098

- **Radha Krishna Dr. N.**
  Srinagar Colony,
  Hyderabad.
  Phone : 3746104

- **Reddy Dr. M.**
  Somajiguda,
  Hyderabad.
  Phone : 3322444

- **Reddy Dr. P.**
  Musheerbad,
  Hyderabad.
  Phone : 7618612

- **Shanker Rao Dr. B.**
  S.D. Road,
  Secunderabad.
  Phone : 7848166

- **Sneha Hearing Centre**
  Lakdikapool,
  Hyderabad.
  Phone · 3212623

- **Subramanyam Dr. K.Ms.**
  Domalguda,
  Hyderabad.
  Phone : 7608558

- **Sudhir Dounde Dr.**
  Basheer Bagh,
  Hyderabad.
  Phone : 3230662



Life is a journey;
Heaven is the destination.



- **Syyed Mustafa Dr. Ahmed**
  Phone . 3226032

- **Venugopal Reddy Dr. P.**
  Mahendra Hills ,
  Hyderabad.
  Phone . 7731640

DOCTORS - GASTRO - ENTEROLOGISTS

- **C.L. Ventkat Rao**
  Medwin Hospital,
  Nampally,
  Hyderabad-1
  Phone : 3203811

- **D.Nageshwar Reddy**
  Medinova Diagnostic Centre,
  Somajiguda,
  Hyderabad
  Phone · 3310472

- **K.Madhava**
  Sri Ramachandra Hospital,
  Vijayanagar Colony,
  Hyderabad-87.
  Phone : 3341380

- **Rajendra Desai**
  Laxmi Clinic,
  274,
  Himayath Nagar,
  Hyderabad-29.
  Phone . 3224351

- **Rupendar Prasad**
  10-2-289/89,
  Shanti Nagar Colony.
  Hyderabad
  Phone : 3313215

- **Surendra**
  5-9-47/4,
  Kirloskar Hospital
  Basheerbagh,
  Hyderabad-63.
  Ph 3296241

- **Surendarpal Singh**
  15-3-25,
  Gowliguda Chaman,
  Hyderabad-12.
  Phone : 4611140

- **Trauma Care Multi Speciality Hospital**
  Srinivasa Complex,
  Main Road,
  Hyderabad-72.
  Phone · 3052725

Man looks on the outward appearance, but God looks on the heart.

CLASSIFIEDS

CLASSIFIEDS

- **Vasiff Ali**
  Arun Apartments,
  Redhills,
  Hyderabad-4
  Phone 3315763

- **K. Vijaya Lakshmi Dr.**
  Kukutpally,
  Hyderabad
  Phone : 3062491

- **Kirloskar Dr. Jayashree**
  Basheerbagh,
  Hyderabad.
  Phone 3296241

- **Lakshmi Siraj Dr. A.**
  Masab Tank,
  Hyderabad.
  Phone · 3303208

- **Laparoscopic Surgery Centre**
  Dr K Venu
  Station Road,
  Hyderabad.
  Phone : 3202546

- **Martha Dr. Sarojini**
  Chirag Ali Lane,
  Hyderabad.
  Phone : 3202582

- **Medinova Daignostic Services Ltd. Dr. Chandra**
  Somajiguda,
  Hyderabad.
  Phone : 3396161

- **Sharma Dr. J.S.S.**
  Liberty Road.
  Hyderabad.
  Phone : 7631386

- **Sri Balaji Nursing Home**
  Uppal Main Road,
  Hyderabad.
  Phone : 7203889

- **Sundeep Dr.**
  Chirag Ali Lane,
  Hyderabad.
  Phone : 3205596

- **Surendra Ugale**
  Basheerbagh,
  Hyderabad.
  Phone : 4746241

- **Ugale Dr. Meena**
  Basheerbagh,
  Hyderabad.
  Phone : 3223870



God overlooks our negative traits; we should do the same for others.



Doctors – General Practitioners :

- **Dutt Dr. K.P.B.**
  Amberpet,
  Hyderabad.
  Phone . 7014695

- **Dwarakanath Dr. B.**
  Dilsukhnagar,
  Hyderabad
  Phone . 4043346

- **Ekbote Dr. Ajeet**
  Kachiguda,
  Hyderabad.
  Phone : 4653346

- **Elias Dr.**
  Phone : 7011095

- **Eshwaraih Dr. B.**
  Phone no 7223032

- **Fairoj Dr. Fatima**
  Sanathnagar,
  Hyderabad.
  Phone : 3702908

- **Fathe Mohd Khan Dr.**
  Moghulpura,
  Hyderabad.
  Phone : 4574179

- **Flora Dr. Vijaya**
  Begumpet,
  Hyderabad
  Phone 7844343

- **G. Venkateshwar Rao Dr.**
  Chilkalguda,
  Secunderabad
  Phone : 7600766

- **Gajalaxmi Devi Dr. R.**
  Phone · 3730887

- **Ganorkar Dr. M.C.**
  Goshamahal,
  Hyderabad.
  Phone : 4652594

- **Geetha Dr. J.**
  Phone : 7011073

- **Ghatge Dr. Prakash**
  Kachiguda,
  Hyderabad.
  Phone : 4653885

- **Gopala Krishna Dr. A**
  Yellareddyguda,
  Hyderabad.
  Phone · 3732562

Are you sure you're right, or are you just being stubborn ?

- **Gopinath Dr. S.**
  Dilsukhnagar,
  Hyderabad
  Phone . 4047809

- **Hanumantha Rao Dr. M.**
  M G.Road,
  Hyderabad.
  Phone · 7842458

- **Ishwar Chander Dr.**
  Phone · 4653867

- **Jaludin Dr. A.**
  Phone : 7820231

- **Kajani Clinic**
  Station Road,
  Secunderabad.
  Phone : 3301086

- **Kamaraju Dr. B..**
  Ameerpet ,
  Hyderabad.
  Phone · 3736654

- **Kumar Dr. B.A.**
  Vasanthapuricolony,
  Hyderabad
  Phone . 7051528

- **Madhuravani Dr. A.**
  Phone : 7611734

- **Mahesh Kumar Dr. N.**
  Ashoknagar,
  Hyderabad.
  Phone : 7661633

- **Mahesh Marda Md Dr.**
  Banajara Hills,
  Hyderabad.
  Phone : 3322800

- **Manasa Clinic**
  Vasudevi Rao
  Sultan Bazar,
  Hyderabad.
  Phone : 4744344

- **Manisha Dr. Arya**
  Punjagutta,
  Hyderabad.
  Phone 3320078

- **Mohan Kumar Dr. N.**
  Sainikpuri,
  Hyderabad.
  Phone 7013851

- **Magabhushanam Dr. G.**
  Phone : 4652063

"I can't" are sad words in any language.

- **Obul Reddy Dr. M.**
  Phone 7664622

- **Pabba Saraswathi**
  Pavani Clinic
  Jawaharnagar,
  Hyderabad
  Phone 7600353

- **Pasha Dr. A.M.**
  Gandhinagar,
  Hyderabad.
  Phone : 7618322

- **Prasad Dr. Rao**
  Bowenpally,
  Secunderabad.
  Phone : 7814646

- **Rajalaxmi Dr. P.**
  Maredpally,
  Secunderabad.
  Phone : 7807756

- **Rajeshwar Sastry Dr. M.s.**
  Vijayanagar Colony,
  Hyderabad
  Phone : 3341135

- **Ram Dr. K.S.**
  S.D. Road
  Secunderabad.
  Phone no. 7805675

- **Ram mohan Dr. Rao**
  Mehndipatnam, Hyderabad
  Phone 3513988

- **Rama Krishna Rao Dr. P.**
  Ameerpet,
  Hyderabad.
  Phone 3733111

- **Ramachandrudu Dr.**
  Saleemnagar Colony,
  Hyderabad.
  Phone . 4549885

- **Reddy Dr. E. Srinivasa**
  Phone : 4166488

- **Sanjay Dr. Gupta**
  Lalbazar,
  Secunderabad.
  Phone : 7745531

- **Sheela Dr. K.**
  S.D.Road,
  Hyderabad.
  Phone : 7800274

- **Shenaz Dr.**
  Chaitanyapuri,
  Hyderabad.
  Phone : 4042318

Never confuse a mere bend in the road with the end of the line.

- **Shouche Dr. S. M.**
  Kachiguda,
  Hyderabad
  Phone . 4652377

- **Sree Mustafa Dr. Ahmed**
  Phone · 3226032

- **Venkata Ramayya Kasturi Dr.**
  S.R Nagar,
  Hyderabad.
  Phone . 3700263

- **Venugopal Reddy Dr. P.**
  Phone · 7733187

Doctors – Geneticists :

- **Dr. Anuradha**
  Somajiguda,
  Hyderabad.
  Phone 3300932

DOCTORS - GYNECOLOGISTS & OBSTETRICIANS

- **Anu Test Tube Baby Centre**
  Yashoda Hospital
  Rajbhavan Road
  Hyderabad-82
  Phone 3314109

- **Balamba P.**
  1-2-234/27,
  Domalguda,
  Hyderabad-29
  Ph. 7639025

- **Farhat Hsptl.**
  Saleem Nagar Colony
  Malakpet,
  Hyderabad-36.
  Ph 4546916

- **Gopalakrishna Rao**
  2-2-185/53/5/A,
  Bagh Amberpet,
  Hyderabad-13.
  Phone : 7616240

- **Herbal Care & Fertility Clinic**
  10-1-632/1,
  Chintal Basti,
  Khairathabad, Hyderabad.
  Phone · 3314934

- **Indira Ajay**
  Clinic 18
  Divya Shankti Complex,
  Ameerpet,
  Hyderabad-16.
  Ph 3730312



It's better to slow down and get there than never to arrive at all.



- **J.S.S. Sharma**
  3-6-369/1,
  Liberty Road
  HimayathNagar,
  Hyderabad-29
  Ph 7631386

- **Jayashree Kirloskar**
  Kirloskar Hospital.
  5-9-47/4,
  Basheernagh,
  Hyderabad-63.
  Phone : 3223870

- **Jayashree Desal**
  274,
  Himayath Nagar.
  Hyderabad-29.
  Phone : 3224351

- **K.N.Reddy**
  431,
  HB Colony,
  Ameerpet,
  Hyderabad-16.
  Phone : 3320948

- **K.Sailaja**
  10-3-282,
  Humayun Nagar.
  Hyderabad-28.
  Phone : 3537184

- **K.Vijayalaxmi**
  Varsha Nursing Home,
  BhagyaNagar Colony,
  Kukatpally
  Hyderabad
  Ph 3066026

- **Laxmi A Siraj**
  C-501,
  Satya Apartments
  MasabTank,
  Hyderabad-28
  Phone : 3303208

- **M.Anitha**
  16-2-705/9/4/C/4,
  Near.Malakpet Super Market.
  Malakpet,
  Hyderabad. Phone · 4550036

- **Mahalaxmi S.**
  1-3-15/a,
  Kalasiguda,
  Sec-bad-3
  Ph 7812840

- **Meena**
  5-9-47/4
  Kirloskar Hospital
  BasheerBagh,
  Hyderabad-63
  Phone : 3223870

Cursing a flat tire does not fix it.

- **P.Padamavathi Raju**
  12-2-790/3/2&3,
  Ayodyanagar,
  Mehidipatnam,
  Hyderabad-28.
  Phone 3510566

- **Prajha Hsptl.**
  6-2-929/A,
  Opp Pavani Plaza,
  Kharaithabad
  Hyderabad.
  Ph 7730362

- **Pramila Saxsena**
  82,
  Shantinikatan Coloy.
  Mahindra Hills,
  Hyderabad-26. Phone 7111732

- **S.Revathi**
  194,
  Sri Colony,
  Neredmet X Road
  Secunderabad-56.
  PH. 7616301

- **Samantha**
  6-1-277//4,
  Padmarao Nagar
  Secunderabad-25.
  Ph. 7701565

- **Shiri.N. Tara Porewala**
  Near. Ghanshyam Road.
  R P Road,
  Secunderabad-500 003
  Phone. 3353599

- **Sri Ramana Hsptl.**
  H.No. 6-3-348/12A,
  Plot No. 1,
  BanjaraHills,
  Hyderabad-34.
  Phone · 7203889

- **Sri Balaji Nursing Home**
  3-34/1,
  Vijayapuri Colony,
  Uppal MainRoad,
  Hyderabad-39.
  Ph 7754258

- **Suchitra Mittal**
  Panchasheel Enclave
  Hasmathpet,
  Secunderabad-11
  Ph 3203651

- **Tam Medir Research**
  R.R. Towers,
  Block-B,
  Abids,
  Hyderabad-500 001.
  Ph : 3734906

Everyone has potential;
you have to discover it.

- **Toshbro Ltd.**
  Grindle Building,
  Ameerpet,
  Hyderabad-500 016
  Ph 7619114

- **Uday Clinic**
  SojajCplx. Main Road.
  Chilkalguda,
  Secunderabad-61
  PH 773203

- **Vidya Devi Shenoy**
  10-3-4,
  Main Road.
  East Marredpally,
  Secunderabad-028.
  Ph 3533234

- **Vijayalaxmi Y.**
  12-2-830/9,
  Hill Colony.
  Mehdipatnam,
  Hyderabad-28.
  Ph 3743194

- **Vijayalaxmi Puvvada**
  701-215/B,
  D.K. Road.
  Ameerpet,
  Hyderabad-16.
  Ph. 7617801

- **Vijayalaxmi Koolati**
  5-9-47/9,
  Basheerbagh,
  Hyderabad-29

Doctors – Gynaecologists & Obstetricians :

- **Anuradha**
  R B. Road,
  Hyderabad.
  Phone : 3314109

- **Dr. Ramadevi**
  Ameerpet,
  Hyderabad
  Phone : 3312294

- **Farhat Begum**
  Saleemnagar Colony,
  Hyderabad.
  Phone : 4546916

- **Kamashree Dr. T.**
  Begumpet,
  Hyderabad.
  Phone : 3312168

- **Dr. T.N. kumar**
  Chapal Road,
  Hyderabad.
  Phone : 4747097



If you want to give someone a gift, try giving them your time and attention:



CLASSIFIEDS

- **Surender Ugale**
  Basheerbagh,
  Hyderabad.
  Phone : 3223870

- **Madhuravani Dr. A.**
  Phone : 7611734

- **Meeta Dr. Ms.**
  Punjagutta,
  Hyderabad.
  Phone : 3742240

- **Dr. Mrs. V. Fatima**
  Main Road,
  Hyderabad.
  Phone : 4576913

- **Mrs. Saroja Dr. G.**
  Phone no 7803085

- Neena Dr. Desai
  Nampally,
  Hyderabad.
  Phone · 3204057

- **Nirmala Dr. Agarwal**
  Charkaman,
  Hyderabad.
  Phone · 4566490

- **Prapurna Vijayral Dr. N.**
  Yellareddyguda,
  Hyderabad.
  Phone · 3741466

- **Pushpa**
  Phone · 4522843

- **Rama Devi Dr. G.**
  Phone : 3247154

- **Rao Maheshwari Dr. M.**
  Phone : 4015466

- **Reddy Dr. R.S.**
  Phone : 3353599

- **S.K. Mittal**
  Phone · 7754258

- **Dr. F. Zohra**
  Tolichowki,
  Hyderabad
  Phone : 3560516

- **Sharada Vani Dr. K.**
  Gaganmahal,
  Hyderabad
  Phone : 7633778



We're slaves to what we allow to dominate our lives.



- **Shenoy Dr. V.D.**
  Phone 7732303

- **Shobha Jayant M Dr.**
  Balamrai,
  Secunderabad.
  Phone : 7846416

- **Y.N. Rao**
  Phone : 3533234

- **Dr. P. Latha**
  Hyderguda,
  Hyderabad
  Phone : 3226000

- **Vijaya Health Care**
  Dr. V. Lakshmi
  Kummariguda,
  Hyderabad.
  Phone : 7701344

DOCTORS-HOMOEOPATHS

- **A.Lalitha**
  1-8-1, Near Sundariah Bhavan,
  Bagh Lingampally. Hyderabad.
  PH. · 7672129

- **Amak Homoeo Stores & Clinic**
  SRT344,
  JawaharNagar
  AshokNagar X Road
  Hyderabad- 20
  Phone · 7677897

- **Anand Rao**
  Cl & Res 8-13-86,
  Raghavendra Nagar.
  Opp.NPAHD,
  Hyderabad
  Ph 4016050

- **Anitha Homeo Clinic**
  11-46,
  Main Road.
  Ramanthapur,
  Hyderabad-13.
  Ph 7039043

- **B.Sarada Devi**
  307,
  Sailaja Towers.
  Asmangad,
  Malakpet,
  Hyderabad.
  Ph.4061451

- **Brahmanandam**
  1-1-46,
  RTC X Roads,
  Hyderabad-20
  Phone . 7618549

Oil the machine of your life with prayer and it's bound to run smoother.

- **Chandan Homoeo Stores & Clinic**
  1-7-1071,
  G2 Santoshima Complex,
  RTC X Road, Hyderabad -20
  Ph 7635845

- **Chandrakala Varma**
  1-8-323,
  Chikkadpally,
  Hyderabad-20
  Ph 7664430

- **Chandramouli Homoeo Store**
  Opp. Prashant Theatre Street,
  Mary's Road.
  Secunderabad-3
  Ph 7703432

- **D.Balram**
  1-7-778/3/5,
  Ram Nagar.
  Hyderabad-48
  Ph 7662547

- **G.Manopal**
  Behind Petrol Bunk,
  Dilsuknagar,
  Hyderabad-60
  Phone . 4063100

- **G.Narayan Rao**
  Abids,
  Hyderabad-01.
  Ph.4745374

- **G.Yadagiri Reddy**
  16-11-740/1/1/E,
  Gaddianaram,
  Dilsukhnagar,
  Hyderabd-60.
  Ph 4066345

- **K.S.S.Prasad Reddy**
  H.No 846,
  11 Banjara Avenue,
  Banjara Hills,
  Hyderbad Ph 3311803

- **K.SivaShankar**
  36,
  P&T Colony,
  Vikrampuri,
  Secunderabad-9.
  Ph. 3233033

- **Kavya Homoeo Stores**
  Near Fever Hospital,
  Nallakunta,
  Hyderabad-44.
  Ph. 7674803



If you need a life preserver, don't criticize the way it's handed to you.



- **M.A. Ansari**
  Abid Road,
  Hyderabad-01
  Ph 4603911

- **M.Ravinder Reddy**
  Harin Home Stores,
  HMT Coloy.
  Nacharam,
  Hyderabad.
  Ph.7152050

- **Madhura's Homeo Clinic**
  Meridiyan Plaza.
  Green Park Road.
  Ameerpet-16.
  Ph 3734901

- **Mohan Reddy**
  16-11-456,
  Moosarambagh,
  Hyderabad-38.
  Phone · 4046717

- **Monopal G.**
  F-7, Totam Apartments.
  Nampally ,
  Station Road.
  Hyderabad-1.
  Ph. 3203722

- **N. Gopala Krishna**
  8-48,
  Madhuran Nagar,
  V R Nagar Colony,
  Hyderabad-38
  Ph 3814484

- **Nanandini Homeo Stores & Clinic**
  S.No 1-7-/1,
  Beside Rajiv Gandhi College,
  Hyderabad-47
  Ph. 7050265

- **P.Pratap Reddy**
  4-1-341,
  1st Floor,
  Abids,
  Hyderabad-01.
  PH 4753740

- **Rajesh Deo**
  5-1-231,
  Kamal Kunj,
  Jambagh,
  Hyderabad.
  Ph. 4601144

- **Ram Reddy M.K.**
  2-1-15,
  Nallakunta,
  Hyderabad-44
  Ph. 7662218



For the best psychiatrist in town,
talk to God. He knows you better than anyone.



- **S.Ram Mohan Reddy**
  2-1-516/6,
  Beside SBH,
  Nallakunta,
  Hyderabad
  PH 7667854

- **Sagar Homeo Store**
  Opp BusStop,
  Venkatadri Complex
  Dilsukhnagar
  Hyderabad-60
  Ph 4066426

- **Sagar Traders**
  8-3-945,
  Srinilaya Estate
  Ameerpet,
  Hyderabad-73 Ph 3735722

- **Sastry & Kumar**
  4-12-25/5/3,
  High Court Colony
  Hyderabad-70
  Ph 4022849

- **Sharada Homoeo Stores & Clinic**
  59/2,
  St.Marry Road
  Opp.Red Cross Hospital,
  Secunderabad-3
  Ph 7703152

- **Shiv Shanker**
  P&T Colony.
  Opp.Vikrampuri,
  Secunderabad - 15.
  Ph 7846956

- **Srinivas Homeo Stores & Clinc**
  Below Abhiruchi Hotel.
  S D. Road.
  Secunderabad-3.
  Phone : 7845982

- **Sri Shyamala Homoeo Stores & Clinic**
  66/B/2,
  CPL Road
  Amberpet,
  Hyderabad-13.
  Phone 7034150

- **Swamy**
  3-2-1/2/1,
  1st Flr.
  Kachiguda,
  Hyderabad-27
  Phone 4658327

- **T.R.Bhasker**
  12,
  Majestic Mansion Shamlal,
  Begumpet,
  Hyderabad-16.
  Ph : 7760670



There's no one too insignificant for God
to love and care for.



- **Tirumala Homoeo Clinic**
  Gaddiannaram X Road
  Dilsukhnagar
  Hyderabad-500 060
  Phone · 4562246

- **V.V.Nagaraja Rao**
  1-4-234, # 8,
  Nandini Mansion,
  Ashok Nagar,
  Hyderabad-20.
  Phone : 7611474

- **Vallabendra Reddy**
  1810,
  Sriramnagar Colony,
  Alwal. Secunderabad - 10.
  Phone · 7862580

- **Waghray Homeo Stores**
  4-8-79/1/13,
  Jd Enclave,
  Ganesh Bagh,
  Putli Bowli X Roads,
  Hyderabad.
  Phone 4741832

- **Marjeevi Homoeo Medical**
  Jambagh,
  Hyderabad.
  Phone : 4652361

- **Anitha homoeo Clinic**
  Ramanthapur,
  Hyderabad.
  Phone · 7039043

- **Ashwini Homeo Clinic**
  Dr. Narayana
  Phone : 7614176

- **Aswani Homeo clinic**
  Ameerpet,
  Hyderabad.
  Phone . 3733111

- **Avanthi Homoeo Clinic**
  Ameerpet,
  Hyderabad.
  Phone : 3731090

- **Baba Clinic**
  Nacharam ,
  Hyderabad.
  Phone : 7173454

- **Bhanoori Dr. S.N.**
  Station Road,
  Secunderabad.
  Phone : 4651960

- **Bhasker Dr. T. R. B. H.M.S.**
  Phone : 7760670

- **Ch. Venkateshewara Dr. T.**
  Phone . 3510529

Don't worry about tomorrow. Save your self the trouble; it won't do you any good.

- **Chandan Homeo stores**
  RTC X Roads,
  Hyderabad
  Phone 7635945

- **Chitanya Homoeo Store**
  Nallakunta,
  Hyderabad
  Phone . 7667854

- Dr T.Jaswanth Singh Clinic
  Phone : 7531695

- **Harin Homeo Stores**
  Ravindra Reddy
  Habsiguda,
  Hyderabad
  Phone : 7172050

- **Kavya Homeo Stores**
  Phone · 7632927

- **Madhuri Dr.**
  Warasiguda,
  Secunderabad.
  Phone . 7645254

- **Madhuru Homoeo Stores & Clinic**
  Phone : 4751646

- **Mahavir Homoeo stores**
  Phone : 4754882

- **Ramchandra Reddy Dr. S.**
  Srinagar Colony,
  Hyderabad.
  Phone : 3746034

- **Ramchandra Reddy Dr. S.**
  Phone · 3746034

- **Ramakrishna Prasad Dr. P.**
  Punjagutta,
  Hyderabad.
  Phone . 3300655

- **Ramakrishna Homoeo Stores**
  Dr. N. Srinivasa Rao
  Bank Street,
  Hyderabad.
  Phone : 4742254

- **Reddy Dr. P.S.**
  Himayatnagar,
  Hyderabad.
  Phone . 7633400

- **Sagar Homeo Stores**
  Mehndipatnam,
  Hyderabad.
  Phone : 3534141

- **Sai Krishna Homeo Stores**
  Phone : 7802025

- **Sastry kumar Dr.**
  Phone · 4022843



Falling down doesn't matter nearly as much as getting up and trying again.



- **Satyanarayan Dr. Bhutada**
  St Mary's Road
  Phone 7703152

- **Shah Dr. D.D.**
  Kote,
  Hyderabad.
  Phone : 4750230

- **Sharada Homoe Clinic**
  Phone : 7715101

- **Siva Prasad Dr. B.**
  Phone : 4743392

- **Srinivas Rao**
  Phone : 3318872

- **Srinivasa Homeo Stores & Clinic**
  Paradise Circle,
  Secunderabad.
  Phone : 7845982

- **Upendra Nath Dr. S.**
  Vittalwadi,
  Hyderabad.
  Phone : 3635564

- **Waghray Homeo Stores**
  Dr. V. K. Waghray
  Phone : 4741832

Dr. V.K. Waghray
Phone . 4741832

Doctors – Infertility & Re•roductive Health

- **Shouche Dr. S.M.**
  Kachiguda,
  Hyderabad.
  Phone : 4652377

DOCTORS- NATUROPAHTHS

- **Dinesh Raj.N**
  1-1-287/19/1-F,
  Bapungr.
  Chikkadpally,
  Hyderabad-20.
  Phone · 7634477

- **Mster Choa Kok Sui Pranic Healing**
  188,
  Gunrock Enclave,
  Secunderabad-9.
  Phone : 7817027

- **Nature Cure Clinic**
  Plot.9,
  Park Avenue,
  Ameerpet,
  Hyderabad-16.
  Phone : 3730316

Good things come to those who wait.
Better things come to those who try.

CLASSIFIEDS

CLASSIFIEDS

DOCTORS - NEURO SURGEONS/ NEUROLOGISTS

- **Axon Medical Center**
  Tesla Complex
  Opp Police stn.
  Punjagutta,
  Hyderabad- 82. Ph · 3321926

- **The Obesity Clinic**
  1St Floor,
  Amrutha Mall,
  Somajiguda X Road,
  Hyderabad-500 036.
  Phone . 3314032

- **JMK Murthy**
  ShantaBai Nursing Home,
  Abids,
  Hyderabad-1
  Phone 3202163

- **Lakshmi Nursing Home**
  3-6-191/1/1, Street 16,
  Urdu Hall Lane,
  Himayath Nagar
  Hyderabad-29
  Ph 3202163

- **M.ChandraSekhar Reddy**
  10-3-282,
  HumayunNagar.
  Hyderabad-28.
  Phone 6503941

- **PRK Prasad**
  Laxmi Clinic,
  274, HimayathNgr.
  Hyderabad-29.
  Phone 3537184

- **Rajmallaiah R.**
  6-3-56,
  Erramanzil Colony,
  Hyderabad-4.
  Phone : 3224351

- **Srikant Neuro Centre**
  A2-View Towers,
  Lakdikapul,
  Hyderabad-4.
  Phone . 3316522

- **Srinivas**
  303,
  Nirmal Towers
  Anand Nagar Colony,
  Bowenpally,
  Secunderabad-11.
  Ph·3303181



Where there is love, there is a touch of the divine.
Make time for love in your life.



- **SuryaBrain & Mind Speciality Clinic**
  101,
  LBR House,
  Picket Road,
  Behind Club,
  Secunderabad-26.
  Phone . 7617855

- **Trauma Care Multi Speciality hospital**
  Srinivas Complex.
  Kukatpally,
  Hyderabad.
  Phone . 3052798

- **Umesh**
  Mediciti Hosp.
  Secretariat Road
  Hyderabad-63.
  Phone 3052798

- **V.N.Mathur**
  Medwin Diagnostic Centre.
  Aditya Enclave,
  Ameerpet,
  Hyderabad.
  Ph.. 3052798

- **Dr. Y. Ganesh**
  Phone no. 3316162

- **Dr. R. Murthy**
  Phone no. 3399638

- **Dr. L. Prasanna**
  Phone no. 3399638

- **Prasad Rao Dr. G.**
  Phone no 7568979

- **Sri Ram Chandra Dr. Damaraju**
  Hyderguda,
  Hyderabad.
  Phone no 3541563

Doctors – Nutritionist :

- **Janaki Dr. B.**
  Vengal Rao Nagar,
  Hyderabad.
  Phone no. 3701126

- **Janaki Srinath Dr.**
  Vengal Rao Nagar,
  Hyderabad.
  Phone no 7624116

- **Lata Sashi Dr.**
  Vengal Rao Nagar,
  Hyderabad.
  Phone no.3517592

- **Dr. B. Janaki**
  Vengal Rao Nagar,
  Hyderabad.
  Phone no. 6507910

When things go wrong,
do you get better or bitter

DOCTORS - ONCOLOGY

- **CCRC_Cancer Clinic & Résearch Centre**
  1-1-576,
  Golconda X Roads,
  Hyderabad-20
  Ph 7612670
- **K.V.V.Narsimha Raju**
  Medwin Hospital
  Chiragali Lane.
  Abids
  Hyderabad-1.
  Ph 3203902
- **M.Babaiah**
  Medwin Hospital
  ChiragAlin Lane,
  Abids,
  Hyderabad-1
  Ph 3203852
- **Mohan Vamsy**
  Apollo Hospital,
  Jubilee Hills,
  Hyderabad
  Ph 3607777
- **S-Sai Rajendra**
  Plot.33,
  GV.Reddy Colony Alwal,
  Secunderabad-10
  Ph 7862031

Doctors - Cardiothoraic and Vascular Sur•eon

- **Sitaram Raddy Dr. B.**
  Banjara Hills,
  Hyderabad.-34.
  Phone no 3396172

Doctors – Chest Specialists

- **Ajit Dr. Vigg**
  Taramandal Complex,
  Saifabad,
  Hyderabad.
  Phone no. 3230729
- **Dr. R. Vijay Kumar**
  Chest Specialist
  Phone no. 7611222
- **Dr. Ramayya**
  Basheer bagh,
  Hyderabad.
  Phone no 3234903
- **Shyam sunder Dr. Raj**
  R.K. Nagar,
  Hyderabad.
  Phone no. 3736060



Want a face - lift?
Wear a smile.



- **Venu Dr. K.**
  S D Road,
  Secunderabad.
  Phone no 7806104

- **Vijay kumar Dr. R.**
  Golconda X Roads,
  Hyderabad-20.
  Phone no 7610645

DOCTORS - ORTHODONTISTS

- **Dental Care Centre**
  34,
  Street.2,
  Venkateshwar Colony,
  Narayanaguda,
  Hyderabad-29.
  Phone : 4751602

- **G.Hari Prasad Rao**
  4-1-1235,
  Boggulakunta,
  YMCA Lane,
  Abids,
  Hyderabad.
  Ph. 4754448

- **G Sambasiva Rao**
  14, Pancom Business Centre
  Ameerpet,
  Hyderabad-16
  Phone 3748577

- **K. Dharma Reddy**
  Ramkote,
  Opp. Navjivan Womens College,
  Hyderabad-1.
  Ph. 4752424

- **Mahendra Dntl & Maxilo Facial Centre**
  Amrutha Hills, Punjagutta,
  Hyderabad-82
  Phone 3313568

- **Nademm Hussaln**
  1st Floor.
  Taj Commercial Complex.
  Nampally, Hyderabad1
  Ph.4731020

- **Tooth Place**
  G-1,
  Sri Nagar Clony,
  Main Road
  Near.Andhra Bank,
  Hyderabd
  Phone · 3752683

Knowledge is a collection of fact.
Wisdom is knowing how to apply knowledge.

- **Y.G.Reddy**
  Opp. . Durga Temple
  Timber Market Road,
  GoshMahal,
  Hyderabad-12
  Ph 473314

Doctors – Orthodontists :

- **Ahuja Dr. T.S.**
  Picket,
  Secunderabad.
  Phone no. 7849861

- **Dr. M Nagendra**
  Lakdikapool,
  Hyderabad
  Phone no. 3233553

- K Dharma Reddy
  Ramkoti,
  Hyderabad.
  Phone no. 4752424

- **Naveen Reddy Dr. A.**
  Rajbhavan Road,
  Hyderabad.
  Phone no. 3303085

- **Ramana Kumar Dr. V.**
  Clock Tower,
  Secunderabad.
  Phone No. 7806516

- **Rama Kumar Dr. V.**
  Ameerpet,
  Hyderabad.
  Phone no. 3734615

- **Rao Dr. G. Hari Prasad**
  Abids,
  Hyderabad.
  Phone no. 4754448

- **Sameer Dr. Azad**
  Punjagutta,
  Hyderabad.
  Phone no. 3313568

- **Dr. Shyam**
  Dilsukhnagar,
  Hyderabad.
  Phone no. 4069944

- **Dr. P. Reddy**
  Golconda X Roads,
  Hyderabad.
  Phone no 7663373



God grants you peace after y ou've given Him your trust.



- **Dr. Ramakrishna**
  Ameerpet,
  Hyderabad.
  Phone no 3744075

- **Dr. Naresh**
  Anandnagar,
  Hyderabad.
  Phone no. 3399952

DOCTORS - ORTHOPAEDIC

- **A.Arun Kumar**
  No.33,
  Aditya Enclave,
  Ameerpet,
  Hyderabad-16.
  Phone . 3730780

- **B.N.Prasad**
  401,
  Surya Apartments.
  6-3-560/15/3,
  Erramanzil,
  Hyderabad.
  Ph 3312546

- **Bhaskar Orthopaedic Centre**
  42/586/104,
  ECIL Main Road.
  Moula-Ali,
  Hyderabad-40. Ph.7131591

- **D.Raj**
  G-7,
  Sapphire Complex.
  Punjagutta,
  Hyderabad-482.
  Phone 3319683

- **Daniel T.Rajan**
  Medwin Hospital,
  Chiragali Lane
  Abids,
  Hyderabad-1.
  Ph 3202907

- **Eye Bank Association**
  12,
  BNR Colony.
  Road No 14,
  Banjarahills,
  Hyderabad-34.
  Phone 3244504

- **Fracture Clinic**
  Near.Punjab National Bank,
  Trimalgherry, Sec-bad-15
  Phone : 7742823

- **G.venkat Reddy**
  1-1-400/B,
  GandhiNagar,
  Hyderabad-380.
  Ph. 7612440



Death is not the end of the life,
it's only the beginning.



CLASSIFIEDS

- **JVS Vidya Saar**
  Kamineni Hospitals,
  L B Nagar,
  Hyderabad-60
  Ph 4022272

- **Jairam Pingely**
  Medinova,
  Somajiguda,
  Hyderabad-482.
  Phone 3731129

- **Narayan G.**
  B-8,
  F-5B,
  Lingampally,
  Hyderabad-44
  Ph 7666341

- **New Janata Bone Setting Centre**
  2-1-392/1/5,
  Tilaknagar Road.
  Nallakunta,
  Hyderabad-44
  Phone:7661931

- **SN Tamma**
  Flat No 14,
  Meghana Gardens,
  East Marredpally
  Secunderabad
  Phone . 7730488

- **Srideepti Rhaumatology**
  6-2-45/8,
  A.C Guards,
  Hyderabad-4
  Phone 3395684

- **Trauma Care Multi Speciality Hsptl.**
  Srinivasa Complex.
  Kukatpally,
  Hyderabad-500 072.
  Phone 3052798

- **YSN Murthy**
  Clinic-2,
  Satya Apartments.
  Masab Tank,
  Hyderabad-500 028.
  Phone : 3307059

- **Dr. K. Raghuveer Reddy**
  Somajiguda,
  Hyderabad.
  Phone no. 3302644

- **Dr. O.P. Agarwal**
  Charkaman,
  Hyderabad.
  Phone no 4566490

- **Dr. V. Bhasker Raju**
  ECIL X Roads,
  Hyderabad. Phone no. 7131591



When feel like giving up ,
hold on just a little longer



- **Dr. U. Haqua**
  Masab Tank,
  Hyderabad.
  Phone no. 3300679

- **Dr. Krishna Rao**
  Marredpally,
  Secunderabad.
  Phone no. 7803424

- **Dr. B. A. Kumar**
  Malkajgiri ,
  Hyderabad.
  Phone no. 7051528

- **Dr. D. Ahmed Khan**
  Phone 7124977

- **Mohan Kumar Dr. M.S.**
  Phone no. 7868253

- **Prasad Dr. B.N.**
  Erramanzil,
  Hyderabad.
  Phone no. 3312546

- **Rao Dr. U.K.**
  A.C. Guards,
  Hyderabad.
  Phone no. 3395684

- **Rao Dr. G. s.**
  Chirag Ali Lane,
  Hyderabad.
  Phone no 3202902

- **Y.S.N. Murthy**
  Masab Tank ,
  Hyderabad.
  Phone no. 6502887

- **Dr. B.A. Kumar**
  Aditya Enclave,
  Hyderabad.
  Phone no 3730780

- **U.R.K. Rao**
  A.C.Guards,
  Hyderabad.
  Phone no. 3395684

- **Smt. Indumati**
  Chapal Road,
  Hyderabad.
  Phone no. 3232226

- **Udaya Kiran Dr. K.**
  Phone no. 3514888

- **P. Rao**
  Phone no. 3227079
  Vijaya Rama Dr. Rao
  Sikh village ,
  Secunderabad.
  Phone 7843358



If you want to be truly happy, live for others.



DOCTORS - PAEDIATRICIANS

- **Afsari Begum**
  108,
  B Block,
  Shajahan Apartments,
  Khairtabad,
  Hyderabad-4
  Phone · 3314740

- **Ajay Kumar**
  1-18,
  Divya Shakti Apartments,
  Ameerpet,
  Hyderabad -500 016
  Phone 3730312

- **Amarender**
  Ramayya Clinic,
  Rajendra Nagar
  Hyderabad-30
  Phone 4018590

- **B.Bapuji**
  Flat No 22,
  Kranti Shikara,
  Punjagutta,
  Hyderabad-4.
  Phone 3310601

- **Chalasani**
  6-3-802,
  Ameerpet,
  Hyderabad-16.
  Phone 3313022

- **G.K.Gupta**
  402,
  Punjagutta,
  Main Road.
  Somajiguda,
  Hyderabad
  Ph.3310111

- **Heating tou Hospital**
  S.P Road,
  Secunderabad.
  Phone : 7804487

- **K.Bhasker Reddy**
  Shivam Road.
  New Nallakunta,
  Hyderabad.
  Phone 7614974

- **K.S.Ram**
  Allaince Apartments,
  S.D Road,
  Secunderabad.
  Phone 7808789



The world is full of problems.
Heaven is full of solutions



- **K.Sheela**
  B 208,
  Allaince House
  S D. Road
  Secunderabad-3
  Phone 7800274

- **M Ram Mohan Reddy**
  Opp Swathi Medical,
  Ameerpet X Road
  Hyderabad-16
  Phone 3313636

- **Madhuri Manney**
  35,
  Sarvasukhi Society,
  West Maredpally,
  Secunderabad.
  Phone . 7804623

- **Mohan Alexander**
  6-3-666/B12,
  Punjagutta,
  Hyderabad-16.
  Phone 3312270

- **Murlidhar Atashiya**
  14-6-14,
  Begum Bazar Chatri,
  Hyderabad-12.
  Phone 4741150

- **NCK Reddy**
  Niloufer Hospital,
  Red Hils,
  Hyderabad-4.
  Phone 3394265

- **P.Venkateshwar Rao**
  2-2-122,
  Amberpet,
  Hyderabad-12
  Phone : 7038363

- **Prema Menon**
  6-3-841/A/1,
  Near. RBI
  Office Quarters,
  Ameerpet,
  Hyderabad.
  Ph. 3735121

- **Sai Jyothi Hospital for Children**
  Srikrishna Nagar,
  Main Road.
  Yousufguda,
  Hyderabad-45.
  Phone 3548305

- **Sai Medi-Care Children Clinic**
  # 20. Comm. Hall Complex,
  MotiNagar,
  Borabanda.
  Hyderabad. Phone 3835317

Pity just feel sorry.
Compassion takes action.

- **Savithri Clinic**
  2-1-164/AB/5,
  Vegetable Market Road
  Nallakunta,
  Hyderabad-44
  Phone · 7607472

- **Suresh Kumar Surapaneni**
  6-2-929/,
  Opp Pavani Plaza,
  Khairtabad,
  Hyderabad-4
  Phone 506456

- **Trauma Care Multispeciality Hospital**
  Srinivasa Complex
  Kukatpally,
  Hyderabad-72
  Phone 3052795

- **V.Prabodh Chandra Reddy**
  26A, Type C,
  Road 8, Film Nagar,
  Jubilee Hills,
  Hyderabad
  Phone 3608652

Doctors – Paediatricians (Child)

- **Dr. Krishna Swaroop**
  Jubilee Hills,
  Hyderabad
  Phone no 3607777

- **Bhagirat Dr. Raj Bharma**
  Phone no 4575600

- Dayakar Reddy C
  Hyderguda,
  Hyderabad.
  Phone no. 3221221

- Dr. M. Suresh Kumar
  Aditya Enclave,
  Hyderabad.
  Phone no. 3734686

- **Krishna Reddy Dr. B.**
  Vittalwadi,
  Hyderabad.
  Phone no. 3220635

- **Dr. L. Prasanna**
  Phone no 3305920

- **Dr. G. Lohi Das**
  Phone no. 7741184

- **Manohar Rao Dr. A.V.**
  Ashoknagar,
  Hyderabad.
  Phone no. 7637689

- **Ch. Ramesh**
  Karkhana,
  Secunderabad.
  Phone no. 7746214



Lifeis not worth living unless it's spent giving to others in some way.



- **Dr. Suresh**
  Khairathabad,
  Hyderabad
  Phone no 6506456

- **Dr. P. Menon**
  Phone no. 3735121

- **Dr. Raghu Prasad**
  Nacharam ,
  Hyderabad.
  Phone no. 7174114

- **Dr. S. Prasad**
  Phone no 3397699

- **Dr. Sheela Dr. K.**
  S D. Road,
  Hyderabad.
  Phone no. 7805675

- **Dr. Shobha K.**
  Phone no. 7848166

- **Dr. V. Devi**
  Ameerpet,
  Hyderabad.
  Phone no. 3398378

- **Dr. N.K. Punjani**
  Vidyanagar Colony
  Hyderabad.
  Phone no. 3347044

- **Dr. K. Swaroop**
  Jubilee hills,
  Hyderabad.
  Phone no. 3607777

- **Dr. V.R. Sharma**
  L.B. Nagar,
  Hyderabad.
  Phone no. 4022272

- **Dr. L. Prasanna**
  Phone no. 3305920

- **Dr. C. Ramesh**
  Phone no 7746214

Doctors – Pediatric Surgeons :

- **Anita Chandna Dr.**
  Laxminagar,
  Hyderabad.
  Phone no. 7802488

- **Dr. S. Bhaskar**
  Dilsukhnagar,
  Hyderabad.
  Phone no. 4048824

Fear is a cage where you're locked up.
Faith is the key to freedom.

Doctors – Paediatricians (Child) Sunday Open

- **Dr. K. Swaroop**
  Jubilee Hills,
  Hyderabad.
  Phone no 3607777

- **Dr. L. Prasanna**
  Phone no. 3305920

- **Dr. C. Ramesh**
  Phone no. 7746214

Doctors – Pathologists

- **Dr. Raghunath**
  Punjagutta,
  Hyderabad
  Phone no 3323338

- **Dr. V.R.Reddy**
  Phone no 4046188

- **Dr. N. Meenakshi**
  Station Road,
  Hyderabad
  Phone no. 4613104

- **Venkat Reddy**
  Nallakunta,
  Hyderabad.
  Phone no. 7668414

- **Dr. Sailaja**
  M.G. Road,
  Hyderabad.
  Phone 7843969

- **Dr. S. Krishna Murthy**
  Phone no. 3203578

Doctors – Physiotherapists (Muscle)

- **Deepa Dr. Shah**
  Phone no. 3302990

- **Dr. S. Sirajuddin**
  Bank Street,
  Kothi,
  Hyderabad.
  Phone no. 4614847

- **Dr. Vani**
  Dilsukhnagar,
  Hyderabad.
  Phone no. 4046990



There's a special place in your heart that only God can fill.



- **Koteshwar Rao Dr. T.**
  Dilsukhnagar,
  Hyderabad.
  Phone no. 4064462

- **Dr. S. Venkat Reddy**
  Phone no. 7125408

- **Prashant Shah Dr. A.**
  Phone no. 4750230

- **Ratna Dr. K. r. Rao**
  Ameerpet,
  Hyderabad.
  Phone no. 3730834

- **Dr. shyam**
  Khairatabad,
  Hyderabad.
  Phone no. 3398383

- **Dr. K.G.K. Pillai**
  Neredmet Roads,
  Hyderabad.
  Phone no. 7111618

DOCTORS - PLASTIC SURGEONS

- **A. Gopalakrishna**
  8-3-676/1A/5,
  Yella Reddyguda,
  Hyderabad-73.
  Ph. 3732562

- **B.Sugunakar Reddy**
  G7, SBI Building.
  Beside Vegetable Market,
  Nallkunta,
  Hyderabad-8.
  Ph.7612384

- **D.Mohan Krishna**
  240,
  Mahendra Hills,
  Secunderabad
  Phone : 7730586

- **Mohsin AliKhan**
  Cure Clinic,
  Opp. Cancer Hospital
  Red Hills,
  Hyderabad-4.
  Ph.3324546

- **Prapul Chandra**
  Road No. 5,
  Opp. Meridian School,
  Banjara Hills.
  Hyderabad.
  Ph : 3350050

- **Sri Sai Cosmetic & Plastic Surgery Clinic**
  Shop No. 56,
  Block No .12,
  Baghlingampally,
  Hyderabad. Phone : 7650552

Love is God
and God is love.

CLASSIFIEDS

CLASSIFIEDS

- **SV Clinic & Plastic Surgery centre**
  7-1—215/B,
  Dharam Karan Road.
  Ameerpet,
  Hyderabad-16
  Ph 3743194

- **Dr. Reddy**
  Shantinagar,
  Hyderabad.
  Phone no. 3316262

- **Dr. Gopala Krishna**
  Phone no. 3732562

- **Dr. L. Seetaram Reddy**
  Phone no. 7563127

- **Mohan Ali Khan Dr. Ms.**
  Red Hills,
  Hyderabad.
  Phone no 3324546

- **Dr. L. Saleem**
  Somajiguda,
  Hyderabad
  Phone no. 3322736

- **Siva Reddy Dr. V.**
  Shantinagar,
  Hyderabad.
  Phone no. 3316262

- **Dr. M. Krishna**
  Mahendra Hills,
  Hyderabad
  Phone no. 7803897

Venugopal Reddy Dr. P.
Mahendra Hills,
Hyderabad.
Phone no. 7731640

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- **Ashlok Reddy**
  12,
  Ram Enclave,
  Erragadda,
  Hyderabad.
  Ph. 3813143

- **B.V. Pattabhi Ram**
  E-1,
  Samrat Complex,
  Opp. AG Office,
  Hyderabad-4.
  Phone · 3396090

- **D.K. Reddy**
  Old MLA Quarters Road
  HimayatNagar,
  Hyderabad.
  Ph.3230997

Truth is always the best policy.
Honesty pays.

- **Dr. D.K. Reddy**
  3-6-194/A,
  Street No 16,
  Lane Opp Urdu Hall,
  Himayathnagar,
  Hyderabad.
  Phone : 3220600

- **G.Prasad Rao**
  G2,
  Sai Sushma Apartments.
  Barkatpura,
  Hyderabad-27.
  Phone · 7568979

- **Hyderabad Psychiatric Clinic**
  10-4-6/12,
  Humayunagar,
  Hyderabad-28.
  Phone : 3392961

- **Indira Health Home**
  119,
  Road No.5,
  Banjara Hills,
  Hyderabad-34. Phone : 3354765

- **K.S.Narayana**
  2-2-3/A/1/7,
  C-67,
  D.D. Colony,
  Secunderabad. Phone : 7614176

- **Manasvi Psychiatric Clinic**
  4-103,
  Dilsukhnagar,
  Hyderabad.
  Ph. 4046999

- **Prabhakar Korada**
  101,
  First Floor.
  LBR House,
  Picket Road,
  Secunderabad-26
  Ph. 7715975

- **Psychiatry Clinic & De - Addiction Centre**
  108,
  Maheshwari Chmbers,
  Somajiguda.
  Hyderabad.
  Phone 3397880

- **Surya Brain & Multi Speciality Clinic**
  101,
  LBR House,
  Picket Road,
  Behind Club,
  Secunderabad-26.
  Ph.7617855

A man's countenance tells you more about him than his clothes.

■ **The Mind Clinic**
Old MLA Quarters Road
HimayatNgr,
Hyderabad-29
Ph.3220997

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Somajiguda,
Hyderabad
Phone np 3310004

■ **Dr. K.S. Narayana**
Phone no. 7614176

■ **Dr. Z. Khan**
Phone no. 3530700

■ **Dr. K.S. narayna**
D.D Colony,
Hyderabad
Phone no. 7614176

■ **Prabhakar Dr. Korada**
Picket,
Secunderabad.
Phone no 7715975

■ **Dr. G. Prasad Rao**
Abids,
Hyderabad.
Phone no. 4754599

■ **Prashanthi Hypnosis**
Phone no 3396090

■ **C.S. Rao**
Shivanagar Road,
Hyderabad.
Phone no 7614343

■ **Dr. P. Karoda**
Secunderabad.
Phone no. 7715975

■ **Syed Anwar Hussain Dr.**
Station Road,
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Phone no 4656049

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■ **Dr. Hanumanth Prasad**
Phone no. 7606926

■ **Dr. Suresh Kumar**
Troop Bazar,
Hyderabad.
Phone no. 4610268

Life is a school. Those who learn to love and help others graduate with honors.

- **Dr. Ravindranath M**
  Naredmet,
  Secunderabad.
  Phone no 7114542

- **Reddy Dr. Mahendra**
  Phone no. 3353599

- **Dr. S. Sukhala**
  Phone no 7631165

Doctors – Rehabilitation Medicine :

- **Deepa Shah Dr.**
  Phone no. 3302990

- Prashant Shah Dr. A.
  Nallakunta,
  Hyderabad.
  Phone no. 4750230

Doctors – Skin and V D (Dermatologists

- **Bramaramba Dr. S.A.V.**
  Phone no 3511444

- **Durga Prasad Dr. A.**
  Malkajgiri,
  Hyderabad.
  Phone no. 7050342

- **Geeta Kiran Dr. A.**
  Y M.C A. Complex
  Phone no 9849031932

- **Gowri Dr. V.**
  RTC X Roads,
  Hyderabad.
  Phone no 7602620

- **Gowri Dr. V.**
  Phone no 7602620

- **Gulam Abbas Dr. Ahmed**
  Basheerbagh,
  Hyderabad.
  Phone no 3242420

- **Jayant M Dr.**
  M.G. Road,
  Hyderabad.
  Phone no. 7841848

- **Js. Hospital**
  Dr. Jayanth ,
  Hyderabad.
  Phone no. 7846416

- **New Skin Clinic**
  Dr. Aurangabadkar
  Kothi,
  Hyderabad.
  Phone no. 4742828

God can do anything for you if you simply give Him a chance.

- **Padmavathi Surapanenj**
  Ameerpet,
  Hyderabad
  Phone no 3323472

- **Pragna Hospital**
  Child and Newborn
  Dr. Suresh
  Khairatabad,
  Hyderabad
  Phone no. 6506456

- **Dr. K.S. Ram**
  S.D. Road,
  Secunderabad.
  Phone no 7805675

- **Ram Skin Clinic**
  D S R. Agarwal
  Phone no 7808789

- **Ramachandra Dr.**
  Karkhana,
  Secunderabad
  Phone no. 7743181

- **Satyanarayana Murthy Dr. K.**
  Karkhana,
  Secunderabad.
  Phone no. 7746214

- **Shivaji Patel Dr.**
  Dr. S. Patel
  Phone no. 3202964

- **Sivaram Prasad Dr. M.**
  Dilsukhnagar,
  Hyderabad.
  Phone no. 4047525

DOCTORS - SEXOLOGISTS VENEROLOGIST

- **Aids Control Project**
  Sultan Bazar,
  Hyderabad-195
  Phone : 4608602

- **G.sudarshan Reddy**
  M8,
  Rams Enclave,
  Near Gookul Theatre,
  Erragadda
  Hyderabad.
  Phone 3248278

- **Imtiaz ahmed**
  6-1-1015,
  Near Masjid,
  Khairtabad,
  Hyderabad-4.
  Ph. 3536626

- **K.Swayam Prakash**
  118,
  Amrutha Ville,
  Raj Bhavan Road,
  Hyderabad-82. Phone 3322884

An honest, kind word spoken in love lifts the spirit and refreshes the soul.

- **P.J. Ramamurthy**
  Near Bus Stop,
  Kukatpally,
  Hyderabad-37.
  Phone 3057866

- Dr. Sudhakar
  Green Lands,
  Hyderabad.
  Phone no. 3312430

- **Dr. Geeta**
  Basheerbagh,
  Hyderabad.
  Phone no. 3231640

- **Dr. G.V. Ramana**
  Phone no. 3310806

- **Dr. Rai**
  St. Mary's Road,
  Secunderabad.
  Phone no. 7701995

- **Ram Dr. K.S.**
  Malakpet,
  Hyderabad. Ph 4547070
  Dr. Swayamprakash
  Phone no. 3322884

- Shah Dr. D.D.
  Kote,
  Hyderabad.
  Phone no. 4750230

- **Dr. A.B. Shah**
  Somajiguda,
  Hyderabad.
  Phone no. 3302990

DOCTORS - SKIN (DERMATOLOGISTS)

- **Bramaramba S.A.V**
  202,
  Bright Complex,
  Mehdipatnam,
  Bus Stop,
  Hyderabad-28.
  Ph.3511444

- **D.B.N.Murthy**
  Pancom Business Centre,
  Ameerpet,
  Hyderabad-16.
  Phone 3733366

- **Geeta hospital & Diagnostic Centre**
  No.22/1,
  Opp. Lal Bazar BusStop,
  Secunderabad-15.
  Ph. 7794555

- **Healing Touch Skin Care Centre**
  10, New Vasavi Nagar.
  Karkhana,
  Secunderabad-15.
  Phone : 7743181



As long as you can carry on one more moment, you'll never be defeated.



- **K.S.Ram**
  B-208,
  Alliance House,
  S D Road,
  Secunderabad-03.
  Phone 7800274

- **K. Udaya Kiran**
  MediLab,
  Santosh Nagar Colony.
  Mehidipatnam,
  Hyderabad-28
  Phone 3514888

- **Padmavathi Surapaneni**
  6-2-929/a,
  Opp Pavani Plaza,
  Khairtabad,
  Hyderabad-4
  Phone 6506456

- **Ram Skin Clinic**
  Meridian Apartments,
  Near Paigah Palza,
  Basheerbagh,
  Hyderabad-463
  Ph 3225130

- **V.K. Somani**
  3-6-195,
  Himayat Nagar,
  Opp. Urdu Hall,
  Hyderabad-500 029.
  Phone 3224377

Doctors – Speech Therapis

- **Sneha Hearing Centre**
  Lakdikapool,
  Hyderabad.
  Phone no. 3297188

DOCTORS - SPECIALISTS - SURGEONS

- **Infertility Institute & Reaserch Centre**
  9-1-192,
  St.Mary Road.
  Secunderabad-3.
  Phone 7701414

- **Jublee Hospital**
  741,
  Jawahar Nagar,
  Road No.5,
  Jubilee Hills,
  Hyderabad. Ph.3547556

- **K.Uday Kiran**
  MediLab,
  Santosh Nagar Colony,
  Mehidipatnam,
  Hyderabad-28.
  Phone 3514888



To show someone that you love them, give them your time.



- **Dlilipkumar Taunk**
  204,
  Suryakiran Complex,
  S D Road
  Secunderabad-3.
  Phone 7813514

- **Indian Super Speciality Dental Hospital**
  Alluri Trade Centre,
  Opp K P.H.B Colony,
  Kukatpally
  Phone 3067595

- **Jayanth M.**
  125,
  M G Road
  Secunderabad-3
  Phone 7841848

- **K.Harikrishna Rao**
  401,
  Gharonda Apartments,
  Padmarao Nagar,
  Secunderabad-25
  Phone 7650986

- **K.Madhava**
  Opp. Vijayabank,
  Vijaynagar Colony,
  Hyderabad.
  Phone 3344380

- **K.Ramesh Kumar**
  2-4-129,
  Behind Ramgopalpet
  Police Station,
  Secunderabad-3.
  Phone : 7811436

- **Kardar Dental Clinic**
  Nayapol Corner,
  Hyderabad-002.
  Phone : 4412527

- **Kiran fertility**
  Shakti Sai Complex,
  Chappal Road. Hyderabad -1.
  Phone : 3297097

- **M.Bhanu Murthy**
  10-1-18/11,
  Shyam Nagar.
  Masabtank,
  Hyderabad.
  Ph.3374387

- **M.Mohan Rao**
  16-2-836/4/A/1,
  Asamangadh,
  Malakpet,
  Hyderabad-36.
  Phone 4069599

An honest, kind word spoken in love lifts the spirit and refreshes the soul.

- **Madhuri Manney**
  35,
  Sarvasukhi Society,
  West Marredpally,
  Secunderabad-26.
  Phone : 7800737

- **Prabhakar Sastry**
  B-1,
  Express Apartments
  Lakdi kapul,
  Hyderabad-4.
  Phone 3395925

- **Premanandam**
  Badi Chowdi,
  Sultan Bazar,
  Hyderabad-95.
  Phone 751822

Proto Type Dental Clinic
Lalbangla Complex,
Ameerpet,
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Ph. 3397011

S. Ravindra
Opp Ramchandra Complex,
Malkajgiri Secunderabad-47.
Phone 7052539

- **S.V. Ravindranath**
  Road No 10,
  Jublee Hills,
  Hyderabd-33
  Phone 3547374

- **Surendra Ugale**
  Kiroloskar Hospital,
  5-9-47/4,
  Basheerbagh-63,
  Hyderabad
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- **Uday Clinic**
  Sojat Complex,
  Chilkalguda Main Road.
  Secunderabad-63
  Ph 7619114

- **Chandra Shekar Dr. Pendyala**
  Phone no. 7630619

- **Krishna Rao Dr. A.M.**
  Karkhana,
  Secunderabad.
  Phone no. 7843775

- **Kumar Dr. B.A.**
  Vasanthapuri Colony,
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God can do anything for you if you simply give Him a chance.

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ఎయిడ్స్ (హెచ్.ఐ.వి)

పూర్తి నివారణ (నెగటివ్)

డా॥ పి.యస్.వి

సత్యనారాయణ

వైద్యవిద్వాన్

డా॥ పి. యన్.వి. సత్యనారాయణ (ఆయుర్వేద మరియు హోమియో ఫిజీషియన్) గారి ద్వారా ఎయిడ్స్ వ్యాధికి ఇప్పటివరకు ప్రపంచంలో ఏ శాస్త్రంలో, ఏ వైద్యవిధానంలో మందులేదు, పూర్తి నివారణలేదు. కాని ఆయుర్వేదంలో (జి.ఇపి ఫార్మాస్యూటికల్స్ వారి) - అత్యాధునిక పద్ధతుల ద్వారా ఎయిడ్స్/క్యాన్సర్ మరియు కిడ్నీ ఫెయిల్యూర్ మున్నగు ప్రాణాంతక వ్యాధులను పూర్తిగా నివారించవచ్చు.

ప్రతి ఆదివారము మధ్యాహ్నం 12.15నుండి 12.30ప్రతి బుధవారం ఉదయం 10.15నుండి 10.30 మధఽియ సిటీకేబుల్ అపోలో హెల్త్ వాచ్ తరువాత డాక్టరు గారి ఇంటర్వ్యూను చూడండి.

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అన్నిరకముల దీర్ఘకాల వ్యాధులకు ఆయుర్వేద డాక్టర్లను సంప్రదించండి

నూతన యవ్వనమునకు, స్థూలకాయము, మధుమేహము, ఆకర్షణీయమైన అందమునకు, కీళ్ళు కండరాల నొప్పులకు, మలబద్ధకం, గ్యాస్ట్రబుల్, ఎసిడిటీ, అల్సర్, చర్మవ్యాధులు, మొలల వ్యాధలులు (ఆపరేషన్ లేకుండా), రక్తపోటు, మూత్రపిండములలోని రాళ్ళు కరిగించుట.

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ఫోన్ :
7073635, 7070785,

సమయం :
సా.5.00నుండి8.00వరకు,
ఆదివారము సెలవు.

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  Phone no. 7848562

- **Sundershan Dr. S.**
  Phone no. 3514660



Let us look behind us with understanding,
beforeus with faith, and around us with love.



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- **Gopal Krishn, Dr. A.**
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- **Koteshwar Rao Dr. P.D.**
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  Phone no. 3302990

- **Vail Piles Clinic**
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There's a light at the end of every tunnel;
the sun returns after every storm.



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- **Herbalife Independent Distributor**
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  Keerthi Apartments,
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  Ph. 3746621

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  Moulali,
  Hyderabad-40.
  Phone 7125456

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  Ph. 7849154

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  Phone 3395389

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  Raj Bhavan Road,
  Hyderabad-82.
  Phone 3306787

- **Cardio Fitness**
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  Bal Reddy Apartments,
  Behind Blue Moon Hotel,
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Money can buy you a lot of nice things,
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  Phone 3309035

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  Abids,
  Hyderabad-1
  Phone 4758483

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  Boggulkunta,
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  RR Towers.
  Chirag Ali Lane.
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  Banjarahills,
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  Ph 3302748



You are like a snowflake, unique and exquisitely beautiful in your own way.



life of women. Very often people, especiailly rural folk, are unaware of health care needs of women and chilren. their lack of education is a major contributary too their nonreliance on health care facilities.

In India, where the majority of the population is settled in rural areas, the existing health care structure appears top - heavy, with maximum manetary and manpower resources utilised at the tertiary level, i.e. , in the major hospitals with complete diagnostic and therapeutic facilities in metropolises, instead of the primary level.

4. The Causes of Maternal Mortality :

The most common killers of women are haemorrhage and sepsis. Complications like bleeding , obstructed labour, sepsis, eclampsia together with anaemia are responsible for 80% of all matarnal deaths in developing countries A very small percentage of maternal health care institutions have the required safe blood transfusion and drug facilities to combat these diseases, which are totally preventable causes of maternal mortality. The morbidity of pregnancy induced hypertension and eclampsia require basic health checkups which can be performed by minimally qualified paramedical workers, but even these are not detected till it is too the patient.

Rupture of uterus in obstructed labour after a previous

uterine surgery and ruptured ectopic pregnancies claim a heavy toll of women

Moderate diagnostic facilites and patient education only are required to treat these conditions at an early stage so as to reduce the subsequent mortality and morbidity.

One of the most horrifying causes of death is the sequelae of criminal abortions, be it infecation, heamorrhage, damage to the viscera or shock. Hapless women, hounded by society, unaware of the various alternatives to an illegal aboration, fall prey to unscrupulous quacks who cause untold misery by their interference. The mortality in these conditions is very high but so is the morbidity.

Who with its constitutional charge to' act as the directing and the coordinating authority in international health work' has had a strong commitment to maternal health from its inception. Research studies in the 80's supported by WHO, drew attention to the high incidence of maternal mortality and serious morbidity with its underlying epidemiology. A Safe Motherhood Conference, in Nairobi, February 1987, led to a new global understanding of the dimension and nature of the problem of maternal mortality and the magnitude of in equality in the health care of Women. The 'Safe Motherhood Initiative' was a global effort to reduce maternal mortality by half, by 2000 AD, safety of girls and Women's health, through health and non-health strategies and thus reduce maternal mortality.

What should we do to ensure safer motherhood ?

In order to ensure a lasting and singnificant impact on 'maternal mortality and morbidity', it is essential to have an integrated strategy that is directed towards the main elements of maternal haelth and safe motherhood; namely improvement in the overall status of Women by redressing social inequalities, and improve the availability of health services. this consists of essential health care at all levels, early detection and correction of complications, and timely emergency care.

Probably the single most effective step towards safe motherhood and a reduction in the maternal mortlity is education, not just of women, but of men too, to create an awareness of the problem and that something effective can and must be done to solve it. Education provides women with the knowledge & skills to improve their lot, and in so doing, society. Men must be made aware of the importance of good health, mental physical and social, of their daughters, sisters, wives, and its positive spin-off on the quality of their lives

5. 0 Key Elements of Maternal Health Programmes:

5.1 Essential care for all pregnant women, includes adequate primary health care at all levels, especially nutrition and immunzation.

5.2 Early detection of complications A grass-root-level programme must be installed so that there may be early detection of the various complications of pregnancy with subsequent referral ensure optimum health care to all pregnant women, by trained medical or paramedical persons, during childbirth at home or hosiptal.

5.3 Emergency care : women at higher risk and above all women in those dire emergencies of pregnancy and childbirth must have effective access to the essential elements of obstetric care. Community based health wikers can provide the antenatal care. It is only ethical and right that every possible means should be undertaken to make motherhood safe.

Again, looking into the root cause of maternal mortality, the key areas for concern appears to be embedded in our adverse social, cultural and economics environments,where women suffer discrimination from the womb to the tomb. The female foetus and infants are terminated easily. There is a preferential disregard about the nutrition, education and total health care of the girl child. In a poor family with limited food facilities, it is the man who eats the biggest share, then the male children and then the minimum remaining to the girl child and hardly anything or none at all to the pregnant mother. The order based on requirement is reversed. Unless this unjust situation is put right, one cannot hope for safe motherhood.

6.0 Abortion - Killer of Women :

" I will maintain utmost respect for human life from life from the moment of conception" - the oath taken by every medical person. Vatican II strongly upholds the sanctity of life of life "from the moment of its conception, life must be guarded with greatest care, while abortion and infanticide are unspeakable crimes";.

Family Planning is an essential means for achieving safe motherhood, for spacing as well as avoiding " close and many" pregnancies. Natural methods of family planning do not preclude a normal marital life but rather promote mutual understanding, and this has proved to be one example of a positive marital experience. Natural family planning is safe, cheap, effective, easy to use and reversible, fostering conjugal harmony, if the couples have the right motivation.

The medical profession in India is in the grip of a savere crisis of medical ethics. 27.2% of all qualified medical doctors work in rural areas where over 70% of the people reside, and where maximum care to the emergency needs of the mothers is needed. Over 80% of the doctors in our country work in the private sector (again, largely in urban areas), where 50% of hospitals and 30% of hospital beds are to be found. these services are expensive. The bilk of the population thus find themselves out-off from any medical care whatsoever, leave alone quality care.

Again, there is an abscence of a framework defining quality control for the sector. As such varied standards prevail. The

SAFE MOTHERHOOD & MATERNAL HEALTH

" Health for all by 2000 AD" was the goal of the Alma Ata declaration by the World Health Assembly in 1978, and maternal health was identified as one of the key elements of a primary health care programme.

Meternal health is the corner stone of any family, and by consequence, of Society. The health of a pregnant Woman and the circumstances of her delivery directly affect the health of the new born. A healthy mother begets a healthy child. Out of safe mother hood, all safety flows - that of infants, siblings, the family, and society. Not least in importance is the safety of the women themselves. Saving women's lives is a practical goal as well as a humanitarian one.

The stumbling block to achieving safe motherhood is the alarming rate of maternal mortality. 500,000 woman die each year during pregnancy and child birth, leaving behind at least one million motherless children . 99% of these deaths occur in the third world. In the developed world, there are only 6 - 30 maternal deaths for every 100,000 live births while elsewhere, the figure ranges from 300 -1000+.

technical competence of doctors is a major ethical problem of the profession in India today. Commercia -lisation is undermining medical ethics, especially in obsteric practise, with unnecessary surgery and interventions for monetary or other selfish motives.

7.0 Conclusion :

Safe motherhood, for every Woman in our country, is a Herculean task The majority of the causes of maternal mortility and morbidity are preventable. Likewise, optimum maternal health is achievable and affordable, inspite of the economic constraints, thorugh proper channelling of the available resources.

Hence, the urgent need for us today is to create an awareness of the gravity of the problem and the need to make motherhood safe while safeguarding the health of her infant, family and the society as a whole.

Thus with determined and organised efforts on the part of government, health planners, the medical profession and community to provide efficient and effective care to the pregnant woman, the goal of 'Health for all Mothers by 2000 ad'. May to a great extent be ahcieved and 'safe motherhood' be made a reality!

- Dr. Sr. T. Lilian

MRCOG, DA FRCOG

Prof. - Obstetrics & Gynaecology,

St. John's Medical College, Bangalore.

EYE DONATION WHY, WHERE, AND HOW

Eye sight is a precious gift of nature, but most of us don't seem to reaslise its importance until it is lost. So it is hard for a person with normal eyesight to even imagine living without it. Therefore, it is pertinent for us to ask : Can something be done for the less fortunate - those deprived of eye sight ?

It is a general belief, nay a popular misconception, that no treatment is possible once eyesight is lost. But this is not entirely true, as treatment is possible in some cases.Persons who gone blind because of corneal diseases can regain sight with an operation called corneal transplantation.

Cornea is the clear transparent front portion of the eyeball which covers the black portion as iris. Corneal transplantation invoes removal of the diseased cornea from the patient's eye, and its replacement by a noraml cornea. Such a cornea is taken out of a donated eye, removed from the body of a dead donor.

Who are the persons who can benefit from eye donation? People who are born with hazy corneas, people with corneas that have become opaque to infection, injury, chemical burns, or some intra-ocular operation. People whose corneas have turned opaque due to degeneration or dystophy could also regain their eyesight after corneal transplantation.

Naturally, it occurs to us that if these people can be treated with corneal transplantation, why should the number of people

affected by corneal bındness in our country be sclarge. Thıs is because of three reasons : first, shortage of trained of trained surgeons who canperform this operation; next, lack of awarness amongst these people that blindness can be treated and as a consequence, they do not seek treatment ; and lastly, there do is a shortage of 'donor' eyes.

About 2.6 million people suffer from corneal blindness in our country, while the number of 'donor' eyes available is dismally low. At present, about 4,500 corneal transplant operations are performed every year; contrast this with the 30,000 new cases of corneal blındness that are added on each year, and we have some idea of the magnitude of the problem. It also amply illustrates that unless more and more people come forward to donate their eyes, we will never their eyes, we will never be able to eradicate or even controlcorneal blindness.

Major obstacles to people donating eyes in our country are: lack of awareness and motivation in the people for such a noble cause, superstitious belife that aperson who donates his eyes will be blind in the next birth, fear of disfigurement of the dead body, and imortantly, inadequate efforts made by eye banks and voluntary health organisations to educate and persuade persons to donate their eyes. Gujarat is the only state in India which has eye donors in abundance. The state also partially meets the requirement of 'donor' eyes from other states. This is probably due to more public awareness among the people , and efforts made by organisations like the India Red Cross to motivate people to donate their eyes. There is no reason why similar efforts cannot be undertaken in other regions of the country. Explaining to the

people what an eye donation is, how they too can daonate their eyes, and what this would mean to those suffering from corneal blindness, and who will receive this valuable gift, would contribute substantially to increasing eye donations.

who can donate eyes? Anybody. Irrespective of whether they are newborn, Young or old, whether they have good vision or not, or whether they are suffering from some systemic disease. While it is true that all donated eyes may not be used for corneal transplantation, no eye goes waste. Eye which after evaluation are found unsuitable for transplantation for one reason or the other, are extremely useful for research.

Most people do not known how to donate their eyes. It is indeed very simple. Various agencies have established about 147 eye banks in different parts of the country. An eye bank is a place where the donated eyes are processed, evaluated, stored, and sent to surgeons who need them for corneal transplantation. whenever someone wishes to donate his or her eyes, that persons has to contact the nearest eyes bank and sign an eye donation from pledging to donate his eyes after death. That persons is issued a donor card, and he or she should communicate this decision to family members, friends, and the family physician.

Upon death, it is the duty of the family members to inform the eye bank immediately. The eyes bank person should be closed, and preferably, ice cubes wrapped in a piece of cloth placed over the eye lids. The eyes have to be removed within six hours of death. A team of doctor and technicain immediately reaches the spot, and after examining the death certificate and taking consent

from the next of kin, prepare for the removal of the eyes. The eyes are removed using aseptic techniques and in the presence of family members, if they so desire, taking care to cause minimal damage to adjacent tissues. artficial eyes are kept in place of the removed eyes so there is no disfigurement. The whole procedure takes less than half an hour.

Eyes are then kept in clear, sterile bottles. These are then kept in an icebox and transported to the eye bank. In the eye bank, eyes can be stored at 4^{0}C for 48 hours. However, with the availability of corneal preservation solutions, corneas once removed can be stored for up to two weeks before they are transplanted.

The need of the hour is for everyone to understand and realise the importance of eye donation, and how this gift of sight that most of us can give, will transform the world of two people who will receive our eyes. There can be no greater service to humanity ! Important points to remember about eye donation :

* Anybody can donate his/her eyes irrespective of age or eyesight.
* Eyes can only be removed from a dead body.
* Complete confidentiality is maintained about the donor and the recipient
* Eyes cannot be sold or purchased.
* No disfigurement is caused to the dead body.
* Eyes have to be removed within sir hours of death.
* No eye goes waste.

- Dr. Aashish Kumar Bansal
Hyderabad.

Prevention of HIV Transmission & Aids

1 Univarsal Work Precautions :

To minimise risk of **Human Immuno Deficiency Virus (HIV) & Hepatatis B Virus (HBV) transmissions** all health care Workers (HCW' S) must daopt the following blood & body fluid percautions :

A). Minimise splashing or the formation of droplets or aerosols

B). Avoid accidental Wounds from sharp instruments contaminated with potentially infectious material ; avoid contact of open skin lesions with infectious materials.

C). Wear laboratory coats / gowns (masks & protective eye shields if requred) while Working With potentially infectious materials; these should be discarded appropriately before leaving the work place

D). Wear gloves While handling blood specimens, blood soiled - items / fluids, excretions, secretions, surface materials, & objects exposed to them.

E). Do not touch your eyes, nose, mouth or skin With glove hands Do not Walk a round the work place wearing

gloves.

F). Wash hands after removing gowns / coats, goves also should be washed thou\roughly & immediately if contaminated with blood.

G). If gloves are not available use towels or gauze soaked in sodium hypochlorite solution may be used to hold blood stained material or needles.

H). Lable blood & other spcinmens suitably. Clean the outside of the container if contaminated With blood.

I). Place all blood specimens in a leak proof impervious box for transportation to the laboratory.

J). Use Mechanical pipetting devices for the manipulation of all liquids in the laboratory. Mouth pipetting should not be done.

Ctton wool plugged pipetting.reduce the possibility of contaminating the pipetting aid.

Air should never be blown thriugh a liquid containing infecting agent.

A discard pan for pipettes filled with water or suitsble disinfectant (e.g. 1% sodium hypochorite) should be kept at

hand. Contaminated pipettes should be completely immersed in this pan.

K). Cover all blood or body fluid spills with cloth dusters or big gauze pieces, soaled with hypochlorite. Using gloves, the soaked duster can be discarded & the area further washed cean with 1% hypochorite.

L). Decontaminate all labor -atory work surface with (sodium hypochlorite solution) on completion of work activities at the day.

M). Use sterile / disposable syringges & needles. Auto - claving is an effctive way to achive sterilization.

N). Prevent needle - stick injuries. Needles should be discarded in a puncture - resistant container immediately after

- Dr. C.M. Francis

HEALTH AMONG ALL OF US

Health is not everything. But without health, everything is nothing". Tragically, many of us only wake up to the improtance of good health, once it is gone. Once the lung cancer has been diagnosed, then we expect the surgeon's knife to cure us. Once the heart attack has hit us... and we survived it... then we expect the miracles of modern medicine to restore us.

But all too often, health is not for sale. It is not some thing you purchase. Health is some thing what we do.

The advances in technological medicine over last 30 years have been spectacular: Microsurgery. Kidney dialysis, Implanteble insulin pumps, baloon heart transplants, coronary bypass surgery, gene splitting and pharmaceutical inventions to remedy everything from headache to depression, from hair loss to typer activity ! Our genius for biomedicine and biotechnology promises even greater miracles around the corner... creating the bionic man and woman.

And yet, We are becoming increasingly aware of the limitations of "high tech" medicine when it comes to dealing with the fastest growing diseases i.e the degenerative dieases.

Modern medicine is virtually important in dealing with coronary heart disease, stroke, hypertension, diabetes, cancer and obesity. These emerging killer diseases are not easily tamed by drugs and surgery, if at all. These modern killer diseases are culturally conditioned and largely self induced. We create them ourselves by the way we live, particularly by the way we eat, drink, smoke, and exercise. The scientific data is saying more clearly everyday: "once

good sanitation and hygiene is assured, it is what we do, hour by hour, day by day, that largely determines the state of our health, whether we get sick, the disease we get, and perhaps even when we shall die".

In affluent societies our health is not somuch determined by the doctor's intellect on training or the size of the hospital but largely by our individual life styles, our physiological inheritence and our physical environment.

Good health is not just "absense of diease" but a positive sense of well being - physically, mentally and emotionally - with optimum energy and function. Such health is largely the result of what we are willing to do for our selves and how to choose to live, especially in the matter of eating, drinking, smoking, and exercise.

OVER WEIGHT - A SERVER PROBLEM

Overweight is becoming an ever enlarging concern of affluent indian society. Those in excess of 20% above their ideal weight are at serious medical risk. Their chances of having heart disease is three times greater than those of people of normal weight. They are five times more likely to develop diabetes, five times more likely to have higher than average cholesterl, six times more likely (especially women) to develop gal bladder disease. And they are more likely to develop cancer of the colon, rectum, prostate, breast, cervix, uterus and ovaries and to develop osteoarthritis and low back pain. To put it mildly, being twenty percent or more overweight is not healthy. Moreover our self image may also suffer. Obesity can be a great psychological burden.

Over weight occurs when food calories exceed the energy requirement of the body for physical activity and metobolism. We "burn up" food to produce heat and perform mascular activities. Weight stays the same if we completely utilize all our food for fuel & maintainance. But excess calories are stored as fat (triglycerides). It makes no difference whether they come from sugar, protein, starch, or fat. If the calories are not used, they will be deposited in our "fat bank".

If you cut your food intake byonly 500 calories a day for seven days, of the end of the week you will have lost one pound of fat ! To evffect such a negative energy balance, where you burn more calories than you take in you have three options.

Option 1: Decrease food calaries : maintain activity level.
Option2: Maintain food calories : Increase activity level.
Option 3: Decrease food calories : Increase activity level.

The most effective option is item 3. Which gives you a win - win situation. You take in fewer calories and burn more through excercise.

But the suggestable way to increase the amount of food we eat while decreasing calories! You can eat all you like of the right kind of nutritious foods, and still lose 1-2 pounds a week especially if you put your best foot forward and walk atleast 30 minutes every day.

How to eat more and weigh less

1. Let diets die ! Eat for health, and let the pounds take care of themselves.

2. Eat more natural foods, simply prepared !

- Freely use whole grain products, even pasta
- Freely use tubers and legumes like potatoes yams, squash, beans
- Freely use fresh fruits and vegetalbes (with low - calorie dressings)
- Eat a substantial breakfast daily - idlies with chutney (Just keep the ghee off!) This will curb your appetite for hours, stabilize your blood sugar, emotion and nerves.

3. Avoid refined, processed food and snacks high in fat and sugar.
4. If you use animal products, use them sparingly,more like a condiment!
5. Drink plenty of water, 6 to 8 glasses a day. Try herb teas or just water. Keep the sweet carbonated drinks for special occasions.
6. Walk birskly every day. Begin with 5 to 10 minutes at a time and progress until you can do atleast 30 minutes without fatigue.
7. Picture yourself successful : tie into supportive and spiritual resources.
8. Beware of weak moments :

- If one cookie leads to ten, don't eat the first one.

- Don't buy problem foods. If they are not around, you wan't eat them.

- If you are bored, frustrated or lonely, don't snack; go for a walk, drink a glass of water, call a supportive friend, or "feast" as natural foods like chilled grapes, melon or some juicy carrot sticks.

FAT CONTENT OF SELECTED ANIMAL PRODUCTS

Animal Product / Other Foods	Fat Content (% of total calories)
Steak	65 - 80
Lamb	75
Ham	80
Bacon	85
Hot dog	85
Whole milk	50
Cheeses Processed	60-85
Cream : Cheese	90
Cheese : Cottage	36
Beef, Pork	65-83
Ice Cream	55
Chicken	15-40
Fish	15-40
Vegetables	1-5
Fruits	1-5
Tubers	1-10
Legumes	5-10
Grains	5-15
Skimmed Milk	2
Soya been	40
Meat Analogs	50-80
Chocolate Candy	50-60
Nuts	75-90

Sugar Content of Selected Food Itemd :

Food	Size/Position	Tea Spoons of Sugar
Cola Drinks, Soft Drinks	120Z	8-11
Jams		
Marinalade Jams	2 tbsp	10
Candies		
Hard Candy	40Z	20
Chocolate Milk bar	30Z	5
Fudge	20Z	9
Fruit anc Canned Juices		
Raisins	1/2 Cup	4
Fruit cock Tail (Commercial)	1/2 Cup	10
Orange Juice (Un Sweetened)	1 Cup	4
Grape Juice (Commercial)	1 Cup	7
Breads, Cakes,Cookies		
Hamburger Bun	1	3
Chocolate Cake	1 (80 Z)	15
Chocolate Cookies	4	6
Donut (glazed)	1	6
Dairy Products		
Ice Cream	1 Cup	6-8
Ice Cream Cone, empty	1 triple	10
Chocolate milk	1 cup	8
Pies and Paddings		
Jelly	1 cup	9
Pies andCakes	1 slice	9
Puddings . Chocolate	1 cup	8 - 10

HEIGHT & WEIGHT

A Simple formula to determine your "ideal" weight
Men : Height in inches x 3.5 pounds minus 108
Women : Height in inches x 4.0 pounds mius 128
(Large - boned adults add 8 percent : small boned adults subtract 4 percent)

Ideal Weights according to Frame
Men of age 25 years and older

Height (without shoes)	Weitght in LBS Small	Medium	Large
5' 2"	115-123	121-23	129-144
5' 4"	121-129	127-139	135-152
5' 6"	128-137	134-147	142-161
5' 8"	136-145	142-156	151-170
5' 10"	144-154	150-165	159-179
6' 0"	152-162	158-175	168-189
6' 2"	160-171	167-185	178-199
6' 4"	168-179	177-195	187-209
4' 10"	96-104	101-113	109-125
5' 0"	102-110	107-119	115-131
5' 2"	108-116	113-126	121-138
5' 4"	114-123	120-135	129-146
5' 6"	122-131	128-143	137-154
5' 8"	130-140	136-151	145-163
5' 10"	138-148	144-159	153-173

COMMON MEASUREMENT EQUIVALENTS

1 Table Spoon (tbsp)	-	3 tea spoons (tsp.)
1/8 cup (1 fluid ounce)	-	2 table spoons
1/4 cup	-	4 table spoons
1/3 cup	-	5 1/3 table spoons
1/2 cup	-	102/3 table spoons
2/3 cup	-	12 table spoons
1 cup (8 fluid ounces)	-	16 table spoons
1 pint	-	2 cups
1 quart	-	2 pint (4 cups)
1 gallon	-	4 quarts
1 pound	-	16 ounces
1 kilogram	-	2.2 pounds
1 litre	-	1 quart
1 ounce	-	20 grams

CHOLESTEROL - The big one

Cholesterol - is both the hero and the villain. While we cannot live without it, in excesive amounts it becomes serious threat and often an outright killer.

The cholestero! level is the single most important factor in determining one's risk of developing cardiovascular disease. A person with a blood cholesterol level of 260mg% is four times more likely to have a fatal heart attack than a person with 200mg% or less. In other words an increase of 60 points in one's blood cholesterol level increases the risk of dying of heart disease by 400 percent! This does not mean that a blood cholesterol level of 200 mg% is healthy. It is not.

The ideal blood cholesterol level is not to esceed 160 mg%. Anything above 160mg% carries risks. Risk of coronary heart disease with respect in cholesterol levels.

Risk	Blood levels (mg%.) for cholesterol
Ideal	160
Elevated	161-180
High	181-220
Very High	221-260
Dangerous	above 260

If we lower the chesterol level to below 150 mg% we would probably wipe out heart disease.

CHOLESTEROL CONTROL

Cholesterol is found only in foods of animal origin, such as meat, fish, poultry, eggs and dairy items. The highest concentration exists in internal organs, egg yolk and shell fish. Plant products do not contain any cholesterol. The amount of cholesterol in breads, desserts and combination foods depends upon the amount of milk, eggs and dairy products used in the receipe. In addition to containing cholesterol, foods of animal origin are also high in aturated fats, as are palm and conconut oil, which eminently raise the body's cholesterol production by the lever.

It is recommended that we choose a diet low in total fat. Saturated fat, especially, should be avoided. Cholesterol intake recommendations should be consistent with the level of serum chesrterol levels in our blood. To accomplish these ideal levels of serum cholesterol, it is important to keep the dietary cholesterol intake ideally below 100 mg/day.

CHOLESTEROL CONTENT OF SELECTED FOODS (IN mg)

MEAT AND POULTRY

Beef, Park, Chicken	-	5 OZ	-	135
Liver	-	3 OZ	-	370
Fish And Seafood				
Crabs, Lobsters, shrimp	-	1 cup	-	120
salmon	-	5 OZ	-	80
Sandines	-	5 OZ	-	80
Eggs				
Egg	-	1	-	250
Egg White	-	1	-	0
Dairy Products				
Skimmed Milk & Whole Milk	-	1 Cup	-	5
Whole Milk	-	1 Cup	-	34
condensed milk	-	1 Cup	-	14
Ice creams	-	1 Cup	-	110
Cottage cheese	-	1 Cup	-	20
Desserts				
Custard, Baked	-	1 Cup	-	280
Sponge Cake	-	1 slice	-	165
Fats, Oils, Spreads				
Bacon	-	4 Sl.	-	80
Ghee	-	1 tbsp.	-	45
Butter	-	1 tbsp.	-	35
Mayonnaise	-	1 tbsp.	-	10

How to Lower Your Blood Cholerterol

1. **Severely Limit Cholesterol** : Avoid all animal products such as meat, Sousages, egg yolks, liver, dairy products (unless they are low or non-fat products) if you use fish and fowl. Use them sparingly.

2. **Substantially reduce all saturated fats :** Avoid saturated fats, which are mainly found in animal products, (such as meats & Ghee) and in palm and coconut oil.

3. **Get down to your ideal weight :** Avoid highly refined, empty calorie foods, low in fiber. This includes the refined fats and oils, sugar and alcohol. Use nuts only sparingly.

4. **Eat plenty of unrefined starchy foods, fresh fruits and vegetables** : Eat all you want of the unrefined whole grain products, of legumes and of fresh vegetables and fruits. And enjoy those potatoes, yams and sweet potatoes! these foods not only satisfy, but are also rich in fiber.

5. **Walk daily :** A regular exercise program can further help in lowering your blood cholesterol some what. At the same time it may improve your HDL portion your cholesterol which appears protective.

6. **See your physician :** Your Physician is in a position to rule out any unusual causes of high cholesterol levels. Your physician can prercribe cholesterol lowering drugs, if the life style approach needs to be complemented. But remember : The safest way to reduce your blod cholesterol is through dietary means.

ATHEROSCLEROSIS : The silent killer

Kindergarten we learn that poin is a warning that something is wrong in our body, and we grow up heeding these warnings. Unfortunately, the first sign that something is wrong with our arteries is often sudden death. The trouble usually begins in childhood, and it usually develops slowly over the years, sometimes taking fifty years to make itself known, sometimes less !

The trouble is atherosclerosis, hardening of the arteries, the underlying couse of most cardiovascular disease.

You were born with clean, flesible arteries, and they should stay way until you die of that rare disease called old age. However, the arteries in many affulent Indians are clogging up with cholesterol, fats and calcium a concoction that hardness in time and finally chokes arteries completely. Deprived of oxygenated blood, the heart has an attack, the brain has a stroke and the victim has a bypass, or physical therapy or all too often, there is no warning !

The storage of oxygen (hypoxia) due to atherosclerosis is the cause of various hypoxic diseases affecting the circulatory system in different critical areas.

Angina Pectoris : The flow of oxygenated blood to the heart muscle itself is impeded or temporarily blocked, causing pain in the chest, in the left arm or between the shoulder blades.

Myocardial Infraction : A part of the heart muscle becomes starved for oxygen and dies.

Intermittent claudication :	Restricted flow of oxygenated blood to the leg muscles causes acute pain and cramps, until the person stops his activity and the blood begins to flow again through the narrowed femoral arteries.
Gangrene :	Body tissue, usually in the toes and feet, decays and dies due to lack of blood usually necessitating amputation.
Impotence :	The inability to deliver adequate blood to the organ on demand and on sustained basis. In 50 to 60 percent of the cases, atherosclerosis is underlying cause.
Hypertension :	Greater force is necessary to push blood through narrowed vesels to supply boy oxygen needs, hence high blood pressure.
Cerebral Infractin (stroke) :	Brittle, narrowed arteries in or leading to the brain rupture or plug up, causing paralysis or sudden death.

Senility :	An inadequate suply of oxgen to vital brain tissue is beleived to cause this debilitating disorder in 40 to 50 percent of the cases.
Hearing Loss :	Loss of hearing, especially in the high frequency range, may be caused by atherosclerosis.
Visual Loss :	Tunnel vision and retinal detachment are proceses associated with inadequate blood flow.
Cancer :	Some of the common cancers may be related to inadequate oxygenation of vital tissues due to atherosclerosis. It is intriguing that cancers of the breast, prostate and colon are mainly found in societies afficiated with cardiovascular disease.

The disease usually begins to develop in the pre-teen years in our society, and most attacks occur before the age f sixty - five. Every year hundreds of thousands of people die of heart attacks and other hypoxic diseases without a murmur of protest from the public, the press, or government agencies. Such a rosh killings by any other means would mobilize the country ! Atherosclerosis is not a natural ! way to go ; it is not the inevitable result of the aging process. Large population in the world are unaffected by it. It is those of us who consume

large amounts of cholesterol and excessive fats, especially animal fats, that are targets for the "silent killer".

Atherosclerosis, once thought to be a degenerative disorder, is a progressive narrowing of the arteries throughout the body, which is fed by rich diets, high in cholesterol and facts and aggravated by smoking and high blood pressure. Cholesterol, fats and other materials accumulate in the arterial wall forming plaques, which in due time can disrupt and interrupt vital blood flow.

Atherosclerotic Sites

Atheroscleotic plagues most commonly involve the coronary, carotid and cerebral arteries affecting blod flow and oxygen delivery to the heart muscle and to brain structures. Plagues can also interfere with proper bloodflow to the kidneys and the legs by affecting the renal and femoral arteries.

SOLUTION

Ultimate solutions will not be found in the present medical care system or in ministrations of doctors during and after on attack. Only you can slow down the atherosclerosis process, stop it and reverse its effects! In addition a most recent study demonstrated that heart disease patients wigh significant arterial narrowing were able to reverse their atherosclerosis. As their average blood cholesterol levels had droped 40%, their narrowed arteries had widened by 15% at the end of the one year intervention project. HOw did they do it ? They cut way back on their fat intake, followed a vegetarian diet with lots of pulses., Unrefined cereals, fresh fruits, vegetables and practiced yoga.

DIABETES : Disease of affluence

Diabetes occurs when the body becomes unable to handle glucose (sugar), and it piles up to dangerous levels in the blood. This can lead to

Blindness	Diabetes is the leading cause of new blindness
Kidney Damage	Diabetes increases the risk of serious kidney damage by 18 times.
Atheroscleroses (Heart Attact)	Diabetes doubles the risk of heart disease and stroke, Promotes impotence, hearing impairment and is a major cause of foot and leg amputation (gangrene)
	Diabetes is almost exclusively found in affuent societies and the afuent class of developing countries.

Cause of Diabetes

Insulin, a pancreatic harmone, a kind of chemical messenger enables glucose or blood sugar to enter the cells of the body where it can do some god. Without insulin, or if the insulin is unable to perform its job, the cells can not get at the needed glucose. The cells then starve while the glucose piles up in the blood, spills over into the urine and the person

becomes diabetic. This then can cause fatigue, lethargy, confusion, coma and sometimes death.

But why ae cells starving amidst plenty ? what hinders the insulin from doing its vital job of opening the cellular doors", so that the glucose fuel can enter and nourish the cells ?

The problem in adult onset diabetes is usually not a defective pancreas, at least not initially, but a cellular insensitivity and resistance that nelates to obesity and especially to an excessive fat intake. Recent studies whoe that fat can make cells less sensitive to the insulin, so that the glucose in the blood stream builds up.

Conversely, a low fat more natural diet (and the resultant weight loss). Will cause the cells to be more resonsive to insulin, so that the waiting glucose can be accepted into the cell and used as it was meant to be "on a very low fat diet the endogenous insulin (the insulin produced by the patients own body) begins to exert its curative effect with in days, and most patients can be stabilized on such a diet plan alone, and some patients are totally cured". Besides, "Ninety- five percent of adult onset diabetics on oral drugs could be off such drugs in less than eitht weeks, and 50 to 75 percent could normalize their blood sugar and get off all insulin with in weeks"

Recommendation

At this point in history, the type II adult onset diabetic clearly has a choice : Continued diabates, insulin injections, oral drugs with their side effects, and continued dependence on the medical systems - or, fredom from disease and drugs

through the incorporation of a daily walking program and a healthy, simplified diet, which will also facilitate in weight control.

How to beat Diabetes

1. Eat more natural fiber - rich foods, simply prepared low in fats and grease and sugar. Freely use whole grain products, potatoes and pulses, solads and vegetables, and eat a substantial breakfast dairly - to curb your appetite for hours and stabilize your blood sugar.

2. Use fresh whole fruits, but not mroe than three servings a day.

3. Avoid refined and processed foods that are usually high in fat and sugar. Leave jaggery and sweet drinks alone.

4. Avoid fat,s oils and grease. If you use animal products, use them lean and very sparingly, more like a condiments and watch the fats and the ghee

5. Walk briskly daily. Two 30 minute walks everyday are ideal to help burn up the sugar in your blood.

6. Work with a physician experienced inthe effects of dietary therapy to monitor and adjust your drug needs.

Hypertension : The misunderstood disease

Hypeertension has nothing to do with nerves, although it is nerve - racking. It does not mean "hyper" or tense. Hypertension is simply another world for high Blood Pressure and it can kill you".

People with high blood pressure are three times more likely to have a heart attack, five times more likely to suffer a stroke than are people with normal blood pressure. Hypertension is not a respector of age, creed or colour but it is more common among people over 40. While hypertension is uncommon in 80% of the world's population, it is commonly found in affluent society.

What it is

It takes a certain amount of pressure to push two ounces of fresh, oxygenated blod per heart beat through the 100,000 kilometers of blood vesels in your body. Each time your heart contracts (about once every second), blood preesure (BP) in our arteries increases. Each time your heart relaxes between contractions, the pressure decreases. So, you have two blood pressure measurements, the higher (Systolic BP) during contraction and the "lower" (diastolic BP) between contractions.

When you are born, the walls of your arteries are flexible, elastic and muscular. They can easily handle the ebb and flow of normal blood pressure. Young children start the day with blood pressure of 80/40 or 90/50. In many populations that youthful presure seldom goes above 110/70 even in people who are over 70 themselves.

The national Institution of Health of the U.S. define hypertension as any systolic presure at or above 140 and any diastolic pressure at or above 90. And every ten points above a systolic pressure of 140 increases the risk of heart disease or stroke by thirty per cent.

Generally Speaking, the lower your blood pressure the better of you are

What cause it

Between five and ten percent of hypertension is caused by kidney disease, atherosclerosis in the kidney arteries overative adrenal glands or adrenal gland tumors. But in at least ninety percent of the cases the precise cause is obscure, and patients are said to have essential hypertension.

There are four very difinite and understandable contributing factors :

1. Salt : Salt (actually sodium chloride) is absolutely vital to life, we need only 500 mg (1/10 tea spoon) a day to stay in good health. by the time we are adults, many people are consuming 10 to 20 grams of salt a day, twent to forty times amount we need and about 10 times more than our kidneys are designed to handle!
If we could cut our salt intake to 5 grams a day (one tea spoonful) we could solve one of our biggest health problems.

2. Arterial Plaque : There is a war going on in us now. Plaque has infiltrated our blood supply lines, fat and cholestrol have become attached to the walls of our orteries and begun to harden. As the plaque build up restricting the free flow of blood through the arteries our blood pressure goes up in trying to get food to the body. Blood presure is a lways trying to help us, but if the "lines' get to narrow and the pressure gets too high we could lose the war. Getting the too narroe and the pressure gets too high we could lose the war. Getting

the excess fat and cholestrol out of our diets and our arteries would be major step towards running the war.

3. Obesity : Over weight also directly contributes to high blood pressure. Fat has to be fed too and every pound of fat requires thousands of extra blood vessels. It takes higher blood pressures to get blood through them. Understandably, obese people are five times more likely to have hypertension. Nearly everyone who is 20 percent or more overweight will eventually experience high blood pressure. It is just a matter of time. Many people have normalized their blood pressure by shedding excess weight.

4. Estrogen : An added danger to women is estrogen, a harmone used in birth control pills estrogen is a salt retainer and will ultimately cause high blood pressure in most women.

But high blood pressure can be stopped. It is not invincible.

What can be done ?

Major studies have shown that patients do not have to stay on drugs for life to control their high blood pressure, if they dhange their diet. The key for mony is the reduce their excess weight and to reduce their salt intake of five grams or less day.

But it is salt, Salt, Salt every where !!!

Though we all recognize that some foods are high in salt like pickles, papads and chips, amazing amounts of salt are hidden in processed foods. You may not recognize the salt because it is often measured by other flavours. Condiments,

such as soy sause and ketchup are full of salt. Almost all commercially canned vegetalbes are soup, or salt mines

There are myraids of invisible sources of salt, including food preservatives and flovour enhancers like monosodium glutamate (MSG), baking soda and sodium benzomate ham, sausages, bacon and even vegetarian meat substitutes mode from soyabeans are usually loaded with salt dietary products, especially pasteurised foods and cheese are extremely salty.

Natural foods are low in salt (actually sodium) and high in potassium, which help control blood pressure but processed foods are low pottassium and sky high in salt.

Salt Content of Foods and Condiments

Food / Condiment	**Amount**	**Salt (mg)**
French Fries	1 Regular serving	250
Vanilla snake	1	500
Apple Pie	1 Slice	900
Cheese burger (fast food)	1	2000
Ketchup	3 tsp	1100
Soy Sause	2 tsp	5000
salt	1 tsp	5000

What food processing does - hidden salt

Food (natural state)	**Salt (mg)**
Apple (1 Fresh)	5
Potato (1 fresh, 50Z)	20
Tomato (1 fresh)	35
Milk (1 cup)	300

Food (Commercial Processed)	Salg (mg)
Apple Pie (1 slice)	900
Potato Chips (50 Z bag)	3500
Tomatosause (1/2 cup)	1950
Past cheese (2 slices)	2050

SODIUM CONTENT OF SELECTED FOODS

Food	Size Portion	Sodium (mg)
Milk	1 cup	120
Butter Milk	1 cup	280
Cottage cheese	1/2 cup	470
Pasteurized Cheese	2 slices	800
ham	10 Z	265
Salami	10 Z	300
Veg. luncheon "meats"	10 Z	375
Bacon	3 slices	630
Corn Flaskes	1 cup	400
Potato Chips	15-2"	300
Tomato Juice	1 cup	500
Ketchup	3 tbsp	565
Tomato sause	1/2 cup	830
Soy sause	1 tsp	1000
salt	1 tsp	2200

(The daily sodium intake should not exceed 2000mg = 5000 mg of salt)

How to lower your blood pressure

1. Substantially lower salt intake
2. Avoid processed and fast foods high in fat and salt
3. Avoid empty calories such as fats, oils and sugar
4. If you eat animal products like cheese and meat, learn to use them sparingly
5. Lose excess weight, reduce alchol consumption
6. Eat plenty of naturel foods, simply prepared low in fats and salt but usually high in potassium freely use whole grain products potatoes and legumes, Salads and vegetalbes and dont forget the fruits !
7. Walk briskly daily. Progress to 30 to 60 minutes daily.

8. If you are using blood pressure medications, ask your doctor to help you incorporate diet theraphy and oppropriate life style changes into your program. Your doctor can give you careful supervisions in adjusting your drug dosage - as you eat and exercise your way out of hypertension.

GOOD SOURCES OF SELECTED NUTRIENST.

NUTRIENT	GOOD VEGETARIAN SOURCES
Vitamin A	Milk and Milk products. Dark green and yellow Vegetables, such as all green leafy vegetables, beans, yellow pumkin, Carrots, Tomatoes, Yellow Fruits like Mange, Papaya.
Vitamin B	Whole grain Cereals, Green leafy Vegetables,Milk, Legumes, Potatoes, Peas, Beans, Yeast.

Vitamin C	Fruits : Leamons, Oranges, Grape Fruit, Strawberries. Vegetables : Potatoes, raw cabbage, Tomatoes.
Vitamin D	Direct sun shine, butter.
Iron	Legumes, Whole grain cereals and bread, Green leafy vegetables, Dried fruits like apricots, figs and brown rice.
Calcium	Green leafy Vegetables, whole grain cereals, especially ragi and citrus fruits, skimmed milk and milk products.

FIBER FOODS

Fiber is the indigestible part of vegetables, fruits and grains, Which provides bulk to the food and thus plays a vital part in facilitating proper bowel function. Studies have shown that fiber rich diets help in diabetes in that they stabilize blood sugar levels : they lower blood cholesterol levels and are associated with lower rates of colon cancer, diverticulosis, constipation, hiatus hernia and haemorrhoids. Studies have shown that 80% of haemorrhodial surgeries could be avoided, if patients would increase their fiber intake.

From where do we get Fiber ?

Almost all the fiber comes from natural, unrefined, unprocessed food such as fruits, vegetalbes, legumes and whole grain products. Fiber is lost when food is processed and refined as in pasta, rice, bread, maida, which are low in

fiber. Dairy products, eggs and meat have no dietary fiber no matter how tough and fibrous it may appear.

GOOD SOURCES OF FIBER

Fruits	Apples, Bananas, berries, oranges, dried figs, pears, dates, apricots, mealons, mangoes.
Vegetables	Peas, potatoes, sweet potatoes, beetroots, all green leafy vegetables, beans, carrots etc.
Legumes	Dried whole pulses like rajma, whole mung and soyabeans, sprouts.
Grains	Whole wheat, bajra, ragi, jowar oats, corn etc.

FOODS CONTAINING APPROX. 100 CALORIES.

CEREALS	QUANTITY
Rice	1/2 cup
Chapaties	2
Bread	2 slices
Idlies	2
Dosas	2 small (without oil)
Noodles	1/2 cup
Ragiball	1 medium size
PULSES	
Thin dal	1 cup
Thick dal	1/2 cup

VEGETABLES	
Green leafy or salad Vegetables	1/2 cup
Potatoes	2 small
Others	1/2 cup
FRUITS	**QUANTITY**
Most fruits	1
Banana	1
Chikoo	1
Orange / Musambi	2
Egg/Meat/Poultry	
Eggs	2 small
Keema	1/2 cup
Chicken breast	75 grams
Fish	75 grams
Lamb chops	50 gms.
Dairy Products	
Milk whole	1/2 cup
Milk skimmed	1/2 cup
Curd	1/2 cup
Butter, Ghee	10 gms.
Paneer	4 table spoons

SWEETS	QUANTITY
Sugar/Jaggery	2 table spoons
Soft drinks (aerated)	1 bottle
Pudding	1 small helping
Custard	1 cup
Rasagullas	2
Gulab Jamoon	2
Ice Cream	1 small helping

ALCOHOLIC BEWERAGE

Beer	1 Glass
Whisky or gin	45 ml.
Wine	100 ml. (1/2 glass)

NUTS

Fresh coconut	20gms.
Ground nuts, Walnuts	15 gms.

THE OPTIMAL DIET

Nature of food	Foods to use Foods	Avoid / Restrict
Cereals	Use whole grains like	Restrict the use of refined wheat, rice, ragi, corn, grain products like maidacracked wheat, jowar, and maida product (white Oats, millet, barelybread)
Pulses and Oals	Use freely, espically	Soyabeen based meat in spronted forms ubstitutes
Vegetables	Use freely, fresh as far	Avoid vegetables cooked for as possiblein a lot of oil and gravy.

Fruits	Use freely : fresh fruits	Canned fruits in syrup use sparingly : fruit drinks, dried fruits, because they arecaloricallyconcentrated
Dairy products	Skimmed milk and	Restrict use of cheese, icebutter milk and skimmed cream, Khoa, Condensed milk curdsmilk
Eggs	Egg white only	Egg Yolk MeatIf you insist use Park, Fattymeat,
	small portions only :	sausages, liver, bacon chicken without skin lean meat, fish
Fats	use minimally only :	All fats and oils, especially oil of gingelly, sunflower, ghee, butter, dalda, palm oil, corn, groundnut. The less coconut oil. Avoid fried foods the better !
Sugar products	Keep to a minimum	Restrict all sweets like The less the better halvas, jam, jelly, Cokes, Pastries, Soft drinks, Puddings, Chocolates
Miscellenous	Drink plenty of water	Restrict use of tea and use nuts only very coffee. Avoid alcohol. Keep sparingly because of the use of salt to a minimumhigh fat and caloric content.



హెపటైటిస్
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జాండిస్‌కు
అది ప్రధాన కారణం అని

ప్ర. హెపటైటిస్ ఎ అంటే ఏమిటి ?

జ హెపటైటిస్ ఎ అనేది కాలేయానికి వచ్చే ప్రబల వ్యాధి. అది హెపటైటిస్ ఎ వైరస్ ఇన్‌ఫెక్షన్ వల్ల వచ్చే జబ్బు. ఈ వైరస్ మలంలో విసర్జించబడి ఫాకల్ ఓరల్‌రూట్ ద్వారా ప్రధానంగా ఇది వ్యాపిస్తుంది.

ప్ర. ఈ ఇన్‌ఫెక్షన్‌కు తోడ్పడే మూల కారణాలు ఏవి?

జ. అపరిశుద్ధ నీరు లేక ఆహారము. ముఖ్యంగా పచ్చివి మరియు అరకొర వుడికించిన ఆహారము, కుటుంబంలోగాని, స్కూళ్ళలోనూ లేక పనిచేయుచోట ఈ వ్యాధి సోకిన వారితో కలసి అంటుకుతిరగడం వలన ఈ వ్యాది ఇతరులకు సోకుతుంది.

ప్ర. హెపటైటిస్ ఎ ఇన్‌ఫెక్షన్ ఎంతవరకు అపాయకరము ?

జ. ఈ ఇన్‌ఫెక్షన్ యొక్క తీక్షణత రోగి వయసును బట్టి వుంటుంది. వ్యాధి లక్షణాలు చిన్న పిల్లలలో కంటె యౌవన దశలోను మరియు యుక్తవయస్సు వారిలో ప్రధానంగా కనిపిస్తాయి. వ్యాధి లక్షణాలు 6 వారాలనుండి 3నెలల వరకు వుండి, ఈ సమయంలో సంపూర్ణవిశ్రాంతి అవసరమవుతుంది. హాస్పిటల్‌లో చేర్చవలసిన అవసరముగూడ ఏర్పడవచ్చు. దీనివల్ల ఇతర సమస్యలు వుత్పన్నముకావు కాని అప్పుడప్పుడూ అలా జరుగవచ్చు. 20% రోగుల్లో ఈ వ్యాధి తిరిగి ముమ్మరించుటకు అవకాశమున్నదని గమనించడమైనది.

ప్ర. హెపటైటిస్ ఎ యొక్క వ్యాధి లక్షణాలేమిటి?

జ. ఈ వ్యాధి లక్షణాలలో ముఖ్యంగా అసహ్యాము, డోకు, కళ్ళు, చర్మము మరియు మూత్రము పచ్చగా మారడము (పచ్చ కామెర్లు), విరేచనాలు, మలముయొక్క రంగు

పాలిపోవడము, కడుపులో నొప్పి, ఆయాసము, బడలిక, జ్వరము, చలి, ఆకలి ...ందగించడము, గొంతువాపు మొదలగునవి.

ప్ర. హెపటైటిస్ ఎ నుండి రక్షించుకోవడం ఎలా?

జ. ఈ వ్యాధి నుండి తప్పించుకోవడానికి అనుసరించవలసిన సరియైన మార్గము వ్యక్తిగతంగాను, సాంఘికంగాను చక్కటి పరిశుభ్రతను పాటించడము. ప్రస్తుతము ఈ వ్యాధినుండి దీర్ఘకాల రక్షణకు వాక్సినేషన్ (సూది మందు) లభించుచున్నది.

ప్ర. నేను హెపటైటిస్ బి అనేవి రెండు వాక్సినేషన్ వేయించుకున్నాను, అప్పుడు నాకు హెపటైటిస్ ఎ నుండి కూడ రక్షణ లభిస్తుందా?

జ. లేదు హెపటైటిస్ ఎ మరియు హెపటైటిస్ బి అనేవి రెండు విభిన్న వైరస్‌ల ద్వారా వ్యాపించే విభిన్న వ్యాధులు. హెపటైటిస్ ఎ లాకాక, హెపటైటిస్ బి లైంగిక సంబంధం వలన, తల్లినుండి అప్పుడే పుట్టిన బిడ్డకు రాగల రక్తం ద్వారా వ్యాపించే వైరస్. జాండిస్ (పచ్చ కామెర్ల) హెపటైటిస్ ఎ మరియు హెపటైటిస్ బి రెండింటికి ఏక వ్యాధి కారణంగా పరగణించబడుచున్నది.

ప్రజారోగ్య అవగాహన నిమిత్తము ప్రచురించినవారు :

కె. ధనలక్ష్మి

ఉపాధ్యక్షులు

వివేకభారతి

(స్వచ్ఛంద సేవా సంస్థ)

1-8-75,

ఆర్.కె.నగర్,

అల్వాల్,

సికింద్రాబాద్-10.

ఫోన్: (O) : **6320207, 6320208.**

ఎయిడ్స్ అంటే...

పత్రికలు, టీవీలు, రేడియోలు, కటౌట్లు, బానర్లు కరపత్రాలు ఇంకా అసంఖ్యాకమైన పలు ప్రచార సాధనాలు హోరెత్తిస్తూ ప్రజలను చైతన్యవంతులను చేయాలని చూస్తున్న ఏకైక అంశం... ఎయిడ్స్. అతి గమ్మత్తయిన విషయం ఏమిటంటే నిరక్ష్యరాసులైన గ్రామీణ ప్రాంత వాసులేగాక నవనాగరిక సమాజానికి ప్రతినిదులుగా భావిస్తూ పాశ్చాత్యులను ప్రతి విషయంలోనూ అనుకరించే విద్యాధికులైన నగరజీవులు సైతం ఈ భయంకరమైన వ్యాధిపట్ల సరైన అవగాహనను పెంపొందించుకోవటంలో ఘోరంగా విఫలమవుతున్నారని చెప్పకతప్పని విషాదకర పరిస్థితి నెలకొని ఉంది.

ఇంతకూ అసలు ఎయిడ్స్ అంటే...

కేవలం లైంగికపరమైన ఒక సుఖ వ్యాధిగా ఈ ఎయిడ్స్ వ్యాధిని అభివర్ణించవచ్చు. (హెచ్.ఐ.వి.) హ్యూమన్ ఇమ్యూనో డెఫిషియన్సి అనే వైరస్ ద్వారా ఈ వ్యాధి సంక్రమిస్తుందని మాంటాగ్నర్ అనే ప్రఖ్యాత ఫ్రెంచి శాస్త్రవేత్త 1983లో కనుగొని ప్రపంచ మానవాళికి మహోపకారం చేసాడు. ఎలిసా టెస్టు ద్వారా ఈ వ్యాధిని గుర్తించే ప్రక్రియ మరొక్క సంవత్సరానికి అంటే 1984లో రూపొందించారు.

కాగా వేశ్యా సంపర్కం, చెడు తిరుగుళ్ళు వంటి కారణాలవలననే సుఖవ్యాధులు సంక్రమిస్తాయన్నది జగద్విధితం. అయితే కేవలం ఈ కారణాలవల్లనే గాక, ఇంకా అనేకానేక కారణాలవలన సంక్రమించి మానవాళిని నిర్వీర్యపరచి, కబళించగల మృత్యువుగా ఈ ఎయిడ్స్ వ్యాధిని పేర్కొనవచ్చును.

ప్రధానంగా ప్రకృతి విరుద్ధమైన లైంగిక విన్యాసాలు, విచ్చలవిడి శృంగారాలు, సురక్షితమైన పద్ధతులు విడనాడి చేసే వేశ్యా సంపర్కాలు ఎయిడ్స్ వ్యాధికి సోపానమార్గాలన్నది నిర్వివాదాంశం. కేవలం ఈ అంశాలపట్ల జాగరూకత వహించినంత మాత్రాన ఎయిడ్స్‌ని వారించగలమనుకోవటం దురాశే అవుతుంది.

ప్రకృతి విరుద్ధమైన లైంగిక ప్రవృత్తులు అంటే లెస్బియన్, హోమోసెక్సువల్ వంటి స్వజాతి సంపర్కాలు ఖచ్చితంగా ఎయిడ్స్ వ్యాధికి మూల కారణాలవుతాయి. ఈ విధమైన లైంగిక ప్రవృత్తులకు స్వస్తి పలకటం అనివార్యం.

ఇక వేశ్యా సంపర్కం సర్వదా అనర్థదాయకమని గుర్తించటం శ్రేయస్కరం. తప్పని పరిస్థితులో మానవ సహజమైన బలహీనతలను అధిగమించలేని పరిస్థితులుద్భవిస్తే... మార్కెట్టులో లభించే నాణ్యమైన కండోములను వాడటం తప్పనిసరి. కేవలం కండోములు వాడినంత మాత్రాన ఎయిడ్స్ బారిన పడమనే గ్యారంటి ఏమిలేదు. కండోమును తొడిగేటప్పుడు లేదా సంభోగ సమయంలోనైనా కండోము చిరిగే అవకాశం లేకపోలేదు. అలాంటి విపత్తు సంభవించకుండా ముందుజాగ్రత్త వహించడం మంచింది. ఎలాగంటే ఒక కండోమును జాగ్రత్తగా లింగానికి తొడిగిన అనంతరం అదనంగా మరొక కండోమును జాగ్రత్తగా తొడగాలి. ఇలా చేయడం వలన ఎయిడ్స్‌బారిన పడకుండా రక్షణ పొందే అవకాశం ఉంది.

ప్రకృతి విరుద్ధమైన లైంగికచర్యలకు పాల్పడకుండా, వేశ్యాసంపర్కం లేకుండా గౌరవప్రదమైన జీవనం గడుపుతున్న వారు సైతం ఈ ఎయిడ్స్ బారిన పడటం గమనార్హం. స్టెరిలైస్ చేయని సిరంజీల ద్వారా ఎయిడ్స్ వ్యాధిగ్రస్తుడు ఇంజెక్షన్ చేయించుకుని, అదే సిరంజి ద్వారా మరో ఆరోగ్యవంతుడు ఇంజక్షన్ చేయించుకుంటే చాలు. ఎయిడ్స్ వ్యాధి సంక్రమించినట్లే. అలాగే ఎయిడ్స్ వ్యాధికి గురైన వ్యక్తి షేవింగ్ చేసుకున్న బార్బర్ షాపులో ఆరోగ్యవంతుడైన వ్యక్తి షేవింగ్ చేసుకున్నాచాలు. ఇక వ్యాధి సంక్రమించినట్లే. ఎయిడ్స్ వ్యాధి సోకిన వ్యక్తి, ఆ విషయం తెలియక మరో వ్యక్తి సరైన పరీక్షలేవి చేయించకుండానే రక్తాన్ని దానం చేస్తే తద్వారా సైతం ఈ వ్యాధి వ్యాపిస్తుంది. వ్యాధి సోకిన వ్యక్తితో దాంపత్యసుఖం అనుభవించిన స్త్రీకి, ఆమె గర్భందాలిస్తే, పుట్టబోయే బిడ్డకు సైతం ఈ వ్యాధి వ్యాపిస్తుంది.

ఇన్ని విధాలుగా వ్యాపిస్తుంది గనకే ఈ వ్యాధి పట్ల ప్రపంచమానవాళి భయాందోళనలకు గురవుతోంది. మరో ఆశ్చర్యకరమైన విషయం ఏమిటంటే ఇతర వ్యాధులలాగా ఈ వ్యాధి లక్షణాలు అంత త్వరగా బయటపడవు దీంతో తనకున్న జబ్బు గురించి ఏమాత్రం తెలివి వ్యక్తి తనతోపాటు మరింత మందిని శాపగ్రస్తులను చేస్తున్నాడు. దాదాపు ఏడేళ్ళయినా వ్యాధి లక్షణాలు బయటపడని రోగులు సైతం ఉన్నారంటే నమ్మశక్యం కాదు. కాని ఇది యదార్థం.

ఎయిడ్స్ వ్యాధికి చికిత్సలేదు.

నివారణే శరణ్యం.

తస్మాత్ జాగ్రత్త.

- కె. సుందర్

ఆరోగ్య జీవనానికి సోపానం

'యోగా'

ప్రపంచ వ్యాప్తంగా జేజేలు అందుకుంటున్న సనాతన భారతీయ సంపదగా 'యోగా'ను అభివర్ణించటం ఏ మాత్రం అతిశయోక్తికాదు. వెర్రితలలు వేస్తున్న నవనాగరిక వ్యవస్థ, వ్యామోహాలు, విచ్చలవిడిగా అందుబాటులో ఉంటున్న మాధకద్రవ్యాల వినియోగం, అశ్లీల సాహిత్యం, యువతను పెడదారి పట్టిస్తున్న విచ్చలవిడి లైంగిక విన్యాసాలు, పొంచిఉన్న ఉగ్రవాదం, అసాంఘిక శక్తుల విజృంభణ, విలయతాండవం చేస్తున్న కరువు, దుర్భిక్షం, వేజారుతున్న నిరుద్యోగం, నిరక్షరాస్యతలు ప్రపంచవ్యాప్తంగా ప్రజల మనుగడకు పెను సవాలుగా పరిణమించాయి.

ఈ నేపథ్యంలో మానసిక, శారీరక సమతుల్యానికి, ఆరోగ్యానికి మహత్తరమైన ఒక ఔషదం అత్యవసరంగా పరిణమించటం అనివార్యమయ్యింది. ఈ జాఢ్యాలన్నింటికీ ఏకైక ప్రత్యామ్నాయంగా 'యోగ విద్య' కీలక పాత్రను నిర్వహించటం ఆహ్వానించదగ్గ పరిణామం. శరీరానికి సమన్వయకర్తగా వ్యవహరిస్తుంది యోగ విద్య.

సహజంగానే మన శరీరం అత్యంత శక్తివంతమైన యంత్రసమూహమని చెప్పవచ్చును. రక్తప్రసరణ, హృదయస్పందనల సమ్మేళనమే మనిషి ఆరోగ్య, అనారోగ్యాలను ప్రభావితం చేస్తాయి. ఈ రెండు ప్రక్రియలను నియంత్రించి జ్ఞాపక శక్తిని, గ్రహణశక్తిని, ధారణ శక్తిని పెంపొందిపచేసి మనిషిని పరిపూర్ణ ఆరోగ్యవంతునిగా, దీర్ఘాయువుగా చేయగలశక్తి ఒక్క యోగ విద్యకే ఉండటం గమనార్హం.

మౌలికమైన కొన్ని నియమాలను పాటిస్తూ యోగ విద్యను సుశిక్షితులైన ఆచార్యులవద్ద అభ్యసించి ఆచరిస్తే కలిగే సత్ఫలితాలు అద్వితీయం. శ్వాస, నిశ్వాసాలే మనిషి జీవితానికి అత్యంత కీలకమైనవి. కాగా ఈ శ్వాస నిశ్వాసలను ఒక క్రమపద్ధతిలో ఆచరిస్తే గణనీయమైన, శాస్త్రీయమైన మార్పులను, తద్వారా ఆరోగ్యపథంలో ప్రగతిని సాధించవచ్చు. శారీరక, మానసిక ప్రశాంతతను, ఆరోగ్యాన్ని సాధించే దిశగా చేసే వివిధ 'యోగ' ప్రక్రియలను మనం 'యోగా'సనాలనే పేరుతో వ్యవహరిస్తున్నాం. దేదీప్యమానమైన ముఖవర్చస్సు, తేజస్సు, దీర్ఘమైన ఆయుష్షు, ఆరోగ్యప్రదమైన జీవనాన్ని ప్రసాదించే అద్భుతమైన దైవీక సంపదగా యోగ విద్యను సనాతన హైందవేతిహాసాలు ఉద్ఘోషిస్తున్నాయి. ఆహ్లాదకరమైన మానసిక ఆనందాన్ని, చురుకైన వ్యవహార సరళిని అందించటంలో యోగ విద్యను మించింది లేదు.

యోగాచార్యులవద్ద ఒక్కసారి అభ్యసించి అనంతరం పైసా ఖర్చులేకుండా ప్రతి ఒక్కరు యోగవిద్యను తమ ఇంటి వద్దనే అభ్యసించవచ్చు.

ఇన్ని అద్భుతమైన ఫలితాలను సాధించగల ఈ యోగవిద్య మీ జీవితాన్ని పురోగతిలో పయనింపచేయాలంటే ఖచ్చితంగా కొన్ని నియమాలను పాటించితీరాలి. కొన్ని నిబంధనలను ఉల్లంఘించరాదు. ప్రశాంతమైన వాతావరణంలో, రణగొణ ధ్వనులకు దూరంగా స్నానమాచరించి 'యోగ' చేయటం సర్వోత్తమ ఫలితాలను సాధించటానికి సులువైన దారి అని అనుభవజ్ఞులైన యోగా చార్యుల అభిప్రాయం. పంట పొలాలు, సెలయేళ్ళు, నది ఒడ్డున, చెరువుగట్టు ప్రాంతం, ఎత్తైన కొండల నడుమ, ఆరుబయలులో 'యోగ'ను అభ్యసించటం ద్వారా దైవసాన్నిధ్యాన్ని కాంక్షించే తాపసోత్తముల తపోభూమికి ధీటైనవి. కాగా ఈ ప్రాంతాలని కాకపోయినా కొన్నైనా గ్రామీణ ప్రజలకు అందుబాటులో ఉన్నప్పటికీ, కాంక్రీటు జంగిల్‌గా భాసిల్లుతున్న నగరవాసులకు మాత్రం ఇలాంటి ప్రాంతాలను ఆశించటం దురాశే కాదు అసంభవం కూడా. అందుకే ఇంటి ధాబాలపైన, ఇంటి పెరట్లోగాని తెల్లవారుఝామున 4 నుండి 6 గంటల మధ్య 'యోగ' ఆచరించటం సముచితం.

స్త్రీ, పురుష, వయో భేధం లేకుండా ఎవరైనా 'యోగ' అభ్యసించి ఆచరించవచ్చు. అయితే మహిళలు మాత్రం 'ఋతు సమయం'లో 'యోగ'ను ఆచరించక పోతే మంచిది. అలాగే నెలలు నిండిన గర్భిణి స్త్రీలు సైతం 'యోగ'ను ఆచరించకూడదు. సాధారణంగా ఈ సమయంలో అనవసరపు చికాకులు, భయాందోళనలతో స్త్రీ మనస్సు కల్లోలసాగరమవుతుంది. కించిత్ శారీరక రుగ్మతలు సైతం వేదిస్తుంటాయి గనుక ఈ సమయాల్లో 'యోగా'భ్యాసం నిషిద్ధమని గుర్తించటం శ్రేష్ఠం.

'యోగా'భ్యాసం వివిధ రీతుల ఆసనాల సమ్మేళనమని గుర్తించాలి. వివిధ రకాల'యోగా'సనాలు ప్రత్యేకమైన ప్రయోజనాన్ని సాధించేందుకు ఉద్దేశించబడ్డాయి. కనుక 'యోగా'భ్యాసం ప్రారంభించేముందు ద్రవ, ఘనపదార్థాలను ఆహారంగా స్వీకరించకూడదు. నిద్రలేమి, అతినిద్ర, మాదకద్రవ్యాల వినియోగం వంటివి 'యోగా'భ్యాసానికి ప్రతిబంధకాలు. కిడ్నీల మార్పిడి, హృదయ సంబంధమైన రోగపీడితులు 'యోగా'భ్యాసం జోలికి పోకుండటమే మంచిది.

ఈ కనీస నియమాలను పాటిస్తూ యోగాభ్యాసం చేస్తే రోగాల బారినుండి తప్పించుకోవటమే గాక సుఖప్రదమైన దీర్ఘాయుష్షు మీ స్వంతం అవ్వటం ఖాయం.

సర్వేజనా సుఖినోభవంతు

- జయలలిత కె.

అవేర్‌కు అంకురార్పణ...
మాధవన్ మాటల్లో

అవేర్ చైర్మన్ పుదుకోడు రాగంటి సేతు మాధవన్ 1944 నవంబర్ 10న కేరళలోని పుదుకోడులో ఓ ఉన్నత కుటుంబంలో జన్మించారు. మాధవన్ తండ్రి బ్రిటీష్ ఆర్మీలో ఉన్నతాధికారిగా పనిచేసారు. సాగర్ యూనివర్శిటీలో ఆంత్రోపాలజీలో పి.జి. చేసిన మాధవన్ 1964లో సివిల్ సర్వీసెస్‌కు ఎంపికయ్యారు. 1965 అస్సాం కేడర్‌ల అసిస్టెంట్ కమీషనర్‌గా ఉద్యోగ బాధ్యతలను చేపట్టారు.

అయితే చిన్నప్పటినుంచి సేవాభావం అలవర్చుకున్న మాధవన్ ప్రభుత్వోద్యోగం ద్వారా ప్రజలకు చేరువ కాలేనని గ్రహించి ఉన్న పళంగా ఉద్యోగాన్ని విడిచిపెట్టి రిషికేష్, గంగోత్రి తదితర ప్రాంతాలకు వెళ్లి సన్యాసి జీవితాన్ని స్వీకరించారు. అయితే మూడు సంవత్సరాల అనంతరం వశిష్ట గుహలో ఉన్న మాధవన్‌కు నచ్చజెప్పి ఆయన కుటుంబసభ్యులు వెనక్కుతీసుకువచ్చారు. ఆంధ్రప్రదేశ్ వచ్చారు.

గిరిజనుల జీవన విధానాన్ని పరిశీలించేందుకు మహబూబ్‌నగర్ జిల్లా అమ్రాబాద్ వెళ్ళిన మాధవన్ అక్కడి గిరిజనులకు ప్రభుత్వసాయం అందకుండా దళారులు ఏ విధంగా కాజేస్తున్నది స్వయంగా గమనించాక తానే ఒక సేవాసంస్థను స్థాపించి గిరిజనుల్లో చైతన్యం తీసుకురావాలన్న పట్టుదల ఏర్పడినట్లు మాధవన్ తెలిపారు.

ఇందులో భాగంగానే 1975 నవంబర్ 5న మహబూబ్‌నగర్ జిల్లా అమనగల్లు మండలంలోని రాంనూతల గిరిజన తండాలో **అవేర్** పేరుతో స్వచ్ఛంద సేవా సంస్థను ఏర్పాటు చేశారు. ఆనాడు చిన్న కుగ్రామంలో ప్రారంభమైన **అవేర్** నేడు వందలాది గ్రామాలకు అన్ని విధాలా నీడనిస్తుందని మాధవన్ గర్వంగా చెప్పారు. 1976లో ఆస్ట్రేలియాకు చెందిన కమ్యూనిటీ ఎయిడ్ అబ్రాడ్ (సిఎఎ అధినేత డాక్టర్ వెబ్) అనే సంస్థ ద్వారా 13వేల 500 రూపాయుల మొట్టమొదటి విదేశీ సాయాన్ని అందుకున్నట్లు మాధవన్ తెలిపారు.

మంచిని పెంచేందుకు ముందుకు వచ్చిన జీసస్‌కే కొరడా దెబ్బలు, శిలవ శిక్ష తప్పలేదు. అదే విధంగా తొలినాళ్ళలో గిరిజనుల నుంచి ఎన్నో కష్టనిష్టూరాలను ఎదుర్కోవలసి వచ్చిందని మాధవన్ తెలిపారు. అనాడు తిరస్కరించిన గిరిజనులే నేడు **అవేర్** తమ జీవితాల్లో వెలుగును నింపే కొండంత అండగా భావిస్తున్నారని ఆయన అన్నారు.

తమ **అవేర్** సంస్థ ఏ గ్రామాన్నైనా పది సంవత్సరాల పాటు దత్తత తీసుకొని అన్నివిధాలుగా ఆ గ్రామం స్వయం సమృద్ధిని సాధించేందుకు తోడ్పడుతుందని చెప్పారు. తాను సబ్సిడీలకు వ్యతిరేకినని, సబ్సిడీలు మనిషిని సోమరితనం వైపు మళ్లిస్తాయని ఆయనఅన్నారు. ఎవరో వస్తారని ఏదో చేస్తారని కాకుండా నీకు చేతనైనంతలో చిన్న దీపం వెలిగించి పరిసరాలకు కాంతిని ప్రసాదించాలన్న తపనతో అలుపెరుగని యోధుడిలా ఆర్తులకు సేవలందిస్తున్నారు మాధవన్.

సమాజసేవలో వివేకభారతి

సాటి మనిషి ప్రాణాలు కాపాడేందుకు చేబట్టె ప్రతి చర్యా మహోన్నతమైన ఏ యజ్ఞానికి తీసిపోదని సనాతన హైందవేతిహాసాలు ఉద్ఘోషిస్తున్నాయి. ఈ ప్రబోధనలను స్ఫూర్తిగాతీసుకొని 1992వ సంవత్సరం స్వాతంత్ర్య పర్వదినం ఆగస్టు 15న ప్రారంభమైన స్వచ్ఛందసేవా సంస్థ **'వివేకభారతి'**.

నిజానికి స్వచ్ఛంద సేవా సంస్థలు నేడందిస్తున్న సేవలు నిరుపమానమైనవి. వివిధ సామాజిక సేవా సంస్థలు పలు కీలకమైన సేవలందిస్తున్నాయి. వివిధ ప్రాణాంతకమైన వ్యాధులను గూర్చి సమగ్రమైన వివరాలను, అవగాహనను వ్యాధినివారణ చర్యలను ప్రజలకు వివరించటం వంటి కార్యక్రమాలను చేబట్టి సమర్థవంతంగా నిర్వహించి ప్రశంసలను అందుకుంటున్నాయి.

వైద్య శిబిరాలను నిర్వహించటం, పరిసరాల పారిశుధ్యం, వాతావరణ సమతుల్యాన్ని పాటించటం వంటి కార్యక్రమాలు కొన్ని సంస్థలు చేబడుతున్నవి.

ఈ సంస్థల కార్యశైలికి భిన్నంగా తనదైన విధివిధానాలతో సేవే పరమావధిగా దూసుకుపోతున్న స్వచ్ఛంద సేవా సంస్థ **'వివేకభారతి'**. మనిషికి అత్యంతకీలకమైన సమయంలో ప్రాణాలుపోసి, సాటి మనిషి ప్రాణాలు కాపాడగల మహత్తర శక్తి ఒక్క రక్తానికి మాత్రమే ఉంది. సరైన సమయంలో సరైన గ్రూపురక్తం అందకపోతే రోగి ప్రాణాలు అనంత వాయువుల్లో కలిసిపోవటం అత్యంత సహజమైన పరిణామం. ఈ పరిణామాన్ని దాని తీవ్రతను గుర్తించి, సానుకూలంగా స్పందించి, తదనుగుణంగా సంవత్సరాల తరబడి అకుంఠిత దీక్ష, నిస్వార్థ పరాయణతతో వ్యవహరించటం **'వివేకభారతి'** ప్రత్యేకతలు.

రోడ్డు ప్రమాదాలు, అగ్నిప్రమాదాలు, భవనాలు కూలిపోవటం, కరెంటు షాకు, గర్భిణీస్త్రీలకు ప్రసవం, గర్భస్రావం, కిడ్నీ మార్పిడి (Kidney Transplantation), పలు రకాల శస్త్ర చికిత్సలు ముఖ్యంగా హృదయ సంబంధమైన శస్త్రచికిత్సలు - ఇలా అసంఖ్యాకమైన పలు అంశాలలో రోగి ప్రాణాలు కాపాడటంలో కీలకపాత్రను నిర్వహించేది రక్తం మాత్రమేననటం అతిశయోక్తికాదు.

కనుకనే లక్షలాది రూపాయల వ్యాపారం ఈ మానవ రక్తంపైననే కేంద్రీకృతమై ఉండటం అత్యంత సహజమైన పరిణామంగా అభివర్ణించవచ్చు. సాధారణంగా ప్రభుత్వ ఆసుపత్రులలో 'రక్తనిధి' (Blood Bank) ఉంటుంది. అయితే ఇక్కడ చేరే రోగుల సంఖ్యకు, వారికి అవసరమైన రక్తపు యూనిట్ల సంఖ్యకు, స్వచ్ఛందంగా రక్తదానం చేసే దాతల ద్వారా స్వీకరించిన రక్తపు యూనిట్లకు మధ్య పొత్తు కుదరటం లేదు. దీంతో ప్రభుత్వ ఆసుపత్రుల రక్త నిధులలో తీవ్రమైన కొరత ఎప్పుడూ ఉంటూనే ఉంది. ఈ నేపథ్యాన్ని కొన్ని ప్రయివేటు బ్లడ్ బ్యాంకులు వేలాది రూపాయలను రోగిపరివారం దగ్గర గుంజటానికి చూపే ఆసక్తిలో వందోవంతు కూడా రోగికి అందించే రక్తంలో ప్రాణాంతకమైన రోగ కారక క్రిములున్నాయా అని పరీక్షించడంలో ఆసక్తి చూపడం లేదు. ఇది చాలా విచారకరపరిణామం.

ఈ పరిస్థితిలో ప్రభుత్వ ఆసుపత్రులలో రక్తపు కొరత నివారణకు తనవంతు సాయాన్ని అందించేందుకు నడుం కట్టింది **'వివేకభారతి'**. అసంఖ్యాకంగా స్వచ్ఛంద రక్తదాన శిబిరాలను పలు వ్యయప్రయాసలకోర్చి నిర్వహించింది. ఈ శిబిరాల ద్వారా సేకరించిన వేలాది యూనిట్ల రక్తాన్నికేవలం ప్రభుత్వ ఆసుపత్రులకు మాత్రమే ఉచితంగా అందచేసింది.

ప్రభుత్వ పరంగా 'వివేకభారతి' నేటి వరకు పైసా ప్రతి ఫలాన్ని ఆశించలేదు. కేవలం కొందరు మిత్రులు, సమాజ హితాన్ని కాంక్షించే

విభిన్న వర్గాల వ్యక్తుల సహకారంతో **'వివేకభారతి'** తన లక్ష్యాన్ని ఛేధిస్తూ సాగిపోతున్నది. కేవలం కాగితాలపైననే సేవాకార్యక్రమాల చిట్టా విప్పుతూ, కాకిలెక్కలు చెబుతూ లక్షల రూపాయల ప్రభుత్వ ధనాన్ని కైంకర్యం చేస్తున్న కొన్ని స్వచ్ఛంద సేవా సంస్థల పనితీరును దినపత్రికలు ఎండగడుతుండటం మనకందరికీ తెలిసిన విషయమే.

అలాంటి సమయంలో ప్రభుత్వ సహాయాన్ని అర్థించక, ఆశించక తను నమ్మిన సిద్ధాంతంతో తన నిర్దేశిత లక్ష్యసాధనకై నిర్విరామంగా శ్రమించి సాధించటం 'వివేకభారతి' కే చెల్లింది.

ఈ సంస్థ వ్యవస్థాపక అధ్యక్షుడు కె. సుందరమూర్తి మాట్లాడుతూ రక్తదానంపై సమాజంలో పలు అపోహలు నెలకొని ఉన్నాయని చెబుతూ విచారం వెలిబుచ్చారు. ఈ అవగాహనా రాహిత్యాన్ని తొలగించే దిశగా తమ సంస్థ పలు 'అవేర్‌నెస్ క్యాంపులు' నిర్వహించిందని అన్నారు. పలు పాఠశాలలు, కాలేజీల విద్యార్థులనుండి రక్తాన్ని స్వచ్ఛంద రక్తదాన శిబిరాల 'ద్వారా సేకరించేందుకు కొన్ని యాజమాన్యాలు అనుమతి నివ్వటం లేదని వాపోయారు. విద్యార్థుల నుండి ఉచితంగా రక్తాన్ని సేకరించి అమ్ముకునే కొన్ని 'సేవా' సంస్థలకు అనుమతి నివ్వటం ఎంతవరకు సమంజసమని ఆయన సూటిగా ప్రశ్నించారు. కనీసం ప్రభుత్వపరమైన పలు శాఖలైనా ముందుకు వచ్చి ప్రభుత్వ ఆసుపత్రులకు తమ సంస్థద్వారా రక్తాన్ని అందిస్తే రక్తపుకొరత సమస్యే ఉండదని అన్నారు. రక్తదానంపై సందేహాలకు లేదా రక్తదానం చేయదలచిన దాతలు సంప్రదించవలసిన చిరునామా :

కె.ఎస్.మూర్తి

వ్యవస్థాపక అధ్యక్షులు

వివేక భారతి

ఇ.నెం. 1-8-75, ఆర్.కె.నగర్,

అల్వాల్, సికింద్రాబాద్.

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కావాలనుకొన్నవారికి ఒకేవైపు నములుతున్నవారికి, లేటెస్ట్ ఇంప్లాంట్ ఫిక్స్‌డ్ టీత్ చేయించుకొనే వారికి ఈ సౌకర్యాలను కలుగుచేస్తున్నారు. పళ్ళు తీయటం వలన కళ్ళకు మరియు మిగిలిన పళ్ళకు సమస్యలు ఏవీ ఉండవని అమెరికన్ దంతవైద్యశాల బృందం పేషంట్లలో ఉన్న అపోహలను తొలగిస్తున్నారు. రంగు మారిన, లేదా రంధ్రాలు పడిన, విరిగిన పళ్ళకు, లేటెస్ట్ టెక్నాలజీతో సహజ దంతాలుగా మార్చవచ్చు. ఐస్‌క్రీమ్స్, స్వీట్స్, చల్లటినీరు, చల్లటిగాలి తగిలినప్పుడు పళ్ళు జివ్‌మని లాగినట్లయితే అటువంటి వారికి కాస్మోటిక్స్ ఫిల్లింగ్స్‌ద్వారా సరిచేయవచ్చు.

క్లిప్స్ ట్రీట్‌మెంట్ : 10సం॥లు నుండి 45 సం॥లోపు వయస్సు వారికి ఎత్తు, వంకర పళ్ళకు వాడే క్లిప్పులు తీసి పెట్టుకున్నప్పుడు అసంతృప్తిగా ఉన్నచో అత్యాధునిక ఫిక్స్‌డ్ క్లిప్స్ ట్రీట్‌మెంట్ లభించును.

దీర్ఘకాలికంగా చిగుళ్ళవాపుతో బాధపడుతునన వారికి అత్యాధుని ట్రీట్‌మెంట్ : చిగుళ్ళు , వాపులు, చిగుళ్ళనుండి రక్తం కారుట, నోటినుండి వచ్చే దుర్వాసన, పళ్ళమధ్య ఖాళీలు ఉన్నవారికి, ఖాళీలతో బాధపడుతున్న వారికి, ఆహార పదార్థాలు పళ్ళమధ్య ఇరుక్కొనే సమస్యలు ఉన్నవారికి.

సినీ, టీవి తారలు, మోడల్స్, బిజినెస్‌మ్యాగ్నెట్స్, మరియు విఐపీలకు ప్రత్యేక విభాగం: అన్నిరకముల దంత రోగాలకు, అంతర్జాతీయ స్థాయిలో ప్రత్యేక విభాగం ప్రారంభించబడింది. ప్రైవసీతో కూడి చక్కటి అహ్లాదకరమైన విభాగమునందు సమాజంలో గుర్తింపుపొందిన వ్యక్తులకు, సినీ, టీవితారలకు మోడల్స్‌కు, బిజినెస్ మాగ్నెట్స్‌కు, మరియు విఐపీలకు మరింత అడ్వాన్స్‌డ్ టెక్నాలజీతో కూడిన దంతవైద్య సేవలు లభ్యమౌతాయి.

అపాయింట్‌మెంట్ పొందగోరు వారు 040-3738888, 3735040 ఫోన్ నెంబర్లనందు సంప్రదించగలరు.

అమెరికన్ దంతవైద్యశాల

చర్మాస్ ప్రక్కన, అమీర్‌పేట్, హైదరాబాదు-73.

ఫోన్స్ : (040) 3735040, 3738888

రక్తదానం చెయ్యండి !
ప్రాణాలు కాపాడండి !

సాటి మనిషి ప్రాణాలు కాపాడటం కంటే ఉత్కృష్టమైన కార్యం మరొకటి లేదని సనాతన హైందవేతిహాసాలు, వేదోపనిషత్తులు ఉద్ఘోషిస్తున్నాయి. అలాంటి మహత్తర అవకాశాన్ని స్వచ్ఛంద రక్తదానాన్ని చేయుటం ద్వారా ప్రతి ఒక్కరూ పొందవచ్చు.

ప్రసవ సమయం, అబార్షన్లు, అగ్నిప్రమాదాలు, రోడ్డు ప్రమాదాలు, కిడ్నీ మార్పిడి, పలువిధాలైన శస్త్ర చికిత్సలు ఇంకా అసంఖ్యాకమైన కారణాల వలన జంట నగరాలలోని ప్రభుత్వ, ప్రభుత్వేతర ఆసుపత్రులలో వేలాది యూనిట్లు అమూల్యమైన మానవ రక్తం అవసరం అవుతున్నది. ఈ అవసరాన్ని అధిగమించే స్థాయిలో రక్తం అందుబాటులో లేక పోవటం విచారకర పరిమాణం.

ఈ నేపథ్యంలో అమూల్యమైన సాటి మనిషి ప్రాణాలు కాపాడేందుకు ఉద్యమించాల్సిన తరుణం ఆసన్నమైంది. స్వచ్ఛందంగా రక్తదానం చేయుటం వలన చురుకుదనం, ఉత్సాహం, ఆరోగ్యం, సాటి మనిషి ప్రాణాలు కాపాడిన మానసిక ఆనందం మీ స్వంతం అవుతాయి. 25,000 రూపాయల ప్రమాద బీమా పథకాన్ని స్వచ్ఛంద రక్తదాతలకు ప్రవేశ పెట్టి తన ప్రజా సంక్షేమ దృష్టిని చాటుకుంది ఆంధ్రప్రదేశ్ రాష్ట్ర ప్రభుత్వం.

రండి! స్వచ్ఛదంగా రక్తదానం చేయండి. విలువైన ప్రాణాల్ని కాపాడండి.

అభినందనలతో
కె. యస్. మూర్తి
వ్యవస్థాపక అధ్యక్షులు
వివేకభారతి
స్వచ్ఛంద సేవా సంస్థ.